TRAKYA UNIVERSITY
INSTITUTE OF HEALTH SCIENCES
Association of Thrace Universities
1st International
Health Sciences Congress

Abstract Book
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Honor Committee
Prof. Dr. Erhan Tabakoğlu- Trakya University Rector
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Prof. Dr. Osman Şimşek- Namık Kemal University Rector
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Assist. Prof. Dr. Kıymet TABAKÇIOĞLU - Trakya University Institute of Health Sciences Department of Medical Biology
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Dr. Ayhan ÜNLÜ - Trakya University Faculty of Medicine Department of Biophysics
Dr. Metin BUDAK - Trakya University Faculty of Medicine Department of Biophysics
Dr. Orkide Palabıyık - Trakya University Faculty of Medicine Department of Biophysics
Res. Assist. Mustafa YILDIZ - Trakya University Faculty of Medicine Department of Biophysics
Lecturer Bircan DİNÇ - Altınbaş University Faculty of Engineering and Natural Sciences
Lecturer Nilüfer GÖKÇE - Trakya University Institute of Health Sciences Department of History of Medicine and Ethics
Msc. Fatih DALLAR
Döndü GÜMÜŞKAYA - Trakya University Institute of Health Sciences Student Affairs Officer
Talat TAŞKAN - Trakya University Institute of Health Sciences Secretary
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INVITED SPEAKERS
Use of improved technology in clinical laboratories caused to increase in the borderline cases due to early diagnostic instruments. Commonly used technologies in clinical laboratories may not meet the needs, especially in the borderline cases. Development of the mass spectrometry (MS) techniques became a useful tool for the measuring of broad range analytes with more accuracy. Because of having unequalled sensitivity, lower detection limits and diversity of its applications mass spectrometry has an outstanding position among analytical methods. Low solvent volumes, high throughput, providing clinically stable results with deuterated internal standards, minimizing the specificity problems, high analytical range, improved sensitivity, multiplex testing in a single run are the most important advantages of MS systems. The main disadvantages of MS techniques are requirement of experience for method development and procedures, time consuming application and method validation progress, long turnaround times due to preanalytical steps, difference in calibrator and methods, lack of standardization of solvents and stability issues.

In clinical laboratories, MS methods are commonly used in endocrinology, clinical and forensic toxicology, inborn error of metabolism, therapeutic drug monitoring and emerging clinical biomarkers. Steroids measurements are one of the main focus in MS laboratories in Endocrinology section. MS analysis recommended hormones are; estradiol in male, prepubertal ages and postmenopausal term, free testosterone, aldosterone, 17-OH progesterone, Deoxycorticosterone, 25-OH vitamin D2, D3 and their metabolites. MS analysis is also found to be superior against immunoassay in the measurement of free thyroxin and thyriodotrinone levels. Some of clinic laboratories in the developed countries has started to use MS instruments for measurement of free T4 and T3.

MS methods can be often used in the limitation of immunoassay analysis. Cross reactivity is one of the main problem in immunoassay analysis which is commonly
used in clinical laboratories. The chemical structures of steroids and therapeutic drugs metabolites are quite similar to the parent molecule. Therefore, it is difficult if not impossible to construct an immunoassay that recognizes the parent compound without some degree of cross-reactivity towards one or more of the metabolites.

MS has been used for clinical and forensic toxicology for two main reasons. Immunoassays are platforms used as a screening test because they provide faster results and tests are commercially available. Due to the specificity limitations of immunoassays, MS is used to confirm false positive results from the screening immunoassay systems. As such, these MS assays are designed to find particular drugs or their metabolites. MS analysis is also used for comprehensive drug screening. MS based assays have been developed for immunosuppressants and are becoming analytical choice in clinical practice.

For the use of inborn errors of metabolism, analyzing for amino, organic, and fatty acids has undergone a series of developments to the technology. LC–MS/MS is now recognized as one of the most definitive analysis procedures for measuring these analytes. LC–MS/MS system is capable of measuring all of the analytes within a group in a single run (multiplex analysis).

Protein analysis with MS are the most promising future application area in routine practice. Popular analytes that may have clinical importance are being discovered each year by proteomic and metabolic research. LC–MS/MS is a viable option for the measurement of clinically relevant analytes, particularly if they are within the molecular weight range that is suitable for MS analysis. Development of the MS and chromatographic techniques have led to great success to quantification and characterization of proteins. This achievement has played a key role in the birth of the field of proteomics and metabolomics. A draft of human proteomics was published in Nature in 2014. The diagnosis of infectious pathogens presents the range of application of MS and its growing potential to contribute to clinical diagnostics. TOF based MS instruments has already placed in microbiology departments for fast bacterial identifications with the use of high accuracy.

LC-MS/MS and GC-MS devices have been used in our clinical laboratory since 2011. Both devices are our instruments, owned by our University therefore we do not pay instrument rental cost. Both systems require regular maintenance. The cost of analysis is also of critical importance, which is closely related to the number of samples analyzed. The cost of test is lower than other methods for high throughput
experiments. For our laboratories mean analysis cost is much less than the commercial available kits. Net income of the analysis from the devices is more than 150000 $ so far. Development of analytical techniques is always expensive, time-consuming and needs expertise. However MS instruments are powerful tools and can be cost-effective after 1-2 years in clinical laboratories. In our department more than 10 postgraduate thesis has been made with MS system. Nearly 20 of analytes method validation process have been completed. We organized 2 courses on clinical applications of MS in our clinic.
The ADP-ribosylating toxins (ADPRTs) are important drug-target protein families. and this toxins, poly ADP ribose are main classes of nicotinamide adenine dinucleotide metabolizing enzymes that catalyze the breakup of NAD into nicotinamide and ADP-ribose and the subsequent transfer of ADP-ribose to a target protein The ADPRTs are a large family of dangerous and potentially lethal toxins secreted by pathogenic bacteria, which inactivate the function of their human target proteins. On the basis of structure-based multiple-sequence alignments, the ADPRT family has been classified into two groups based on NAD binding to diphtheria toxin (DT) and cholera toxin (CT). The DT group of toxins modifies eukaryotic elongation factor 2 and disrupts protein synthesis in eukaryotic cells. Members of this group include DT, exotoxin A (ETA), and cholix toxin. The CT group of toxins targets various essential proteins within host organisms. For example, CT and heat-labile enterotoxin target Arg on the Gs-R of the G protein, causing uncontrolled adenylate cyclase stimulation; pertussis toxin targets Cys on Gi and uncouples G proteins from the adenylate cyclase pathway; C3bot1 exoenzyme targets Asn41 on Rho A, B, C and result in disaggregation of actin cytoskeleton; vegetative insecticidal protein 2 (VIP2) and iota toxins target Arg177 on actin and prevent actin polymerization. Thus, ADPRTs serve as drug targets for treating infections by these lethal bacteria.
"Healthy life" was considered important in Ottoman medicine so that the first parts of medical books were written about healthy life, it serves as basis for the idea. The recommendations written in these books were put into practice by the physicians. The houses were built according to the recommendations, cooking, dressing, washing and sleeping were formed regarding to the rules for a healthy life in Ottoman medicine. The recommendations/rules were so widespread that most of them also take effects today.

The healthy life recommendations in medical books written in Ottoman Turkish are summarized in six main sections: 1- Weather condition and the relevant matters (seasons, places to live, clothing), 2- Eating and drinking, 3- The effect of sport, physical activities or immobility on health, 4- The influence of emotions on health, 5- Sleeping and relative matters, 6- The recommendations to get rid of the substances that could not be excreted; the methods were explained such as vomiting, to clean by means of aperient, enema, getting blood drawn on this section.

The physician firstly explained the recommendations/rules followed to have a healthy life so that it was possible to live a healthy life, if the disease did seem despite the all precautions, treatment was begun. In this study, the recommendations and rules for a healthy life in medical books written in Ottoman Turkish will be examined and important parts will be highlighted.
Drug treatments are performed by "trial-and-error" without the same dose adjustment. Pharmacogenomic tests are based on the principle of "genotyping," or the determination of the genes that encode enzymes that cause different phenotypes (the ability to metabolize drugs) in drug metabolism, or the variations in the genes that target drugs and the genes that code ion channels. With pharmacogenetic tests it is possible to predict the side effect of the drug with the highest response according to the genetic structure of the person, and to plan the drug treatment for the individual. For the patient, the right medication is used at the right dose, so the patient heals quickly and the side effects are reduced the most. With pharmacogenetic applications, the number of medications used and the duration of treatment will be reduced, saving health and national economies.

It is known that 5-7% of hospital admissions are due to adverse drug reactions (ADR). Among all causes of death, ADRs rank fifth. Only 25-60% of all medicines used for treatment are known to provide effective treatment. So it is a fact that 40-75% of people under treatment do not benefit from medicines. Pharmacogenomic testing of patients prior to the start of treatment may reduce complications by 80%, which can be ineffective or cause side effects due to the ineffective use of the drug.

I will talk about the pharmacogenetic practices in the world health care systems and the strategic initiatives that are being carried out in our country in this sense.
Currently breast cancer is most commonly diagnosed cancer in women. Triple negative breast cancer (TNBC) is the most aggressive subtype of breast cancer and associated with poor patient survival and high mortality rates. Due to highly heterogeneous genetic feature of the diseases has prevented identification of therapeutic targets and development of targeted therapies for TNBC. We recently discovered that eEF-2 Kinase (eEF2K) is highly overexpressed in TNBC patients and its expression is associated with significantly shorter patient survival. Using in vitro and in vivo tumor models in mice, we demonstrated that eEF2K promotes cell proliferation, invasion, metastasis and tumorigenesis. We also developed siRNA, microRNA-based therapeutics and demonstrated for the first time that in vivo targeting of this previously untargeted kinase by systemic administration inhibits tumor-growth in several preclinical TNBC tumor xenograft models. The talk will also give background in targeted therapies used in cancer patients and our novel targeted therapies.
Patient safety is the foundation of good patient care. Elder population is growing worldwide. Consequently, the population of hospitalized patients is aging as well. The care of geriatric patients must differ from the care of younger adults. Elderly patients are vulnerable to medical errors. Common medical errors in the elderly, such as falls, medication errors, delirium, pressure ulcers, undernutrition can contribute to prolonged hospital stay, readmission, nursing home placement and compromise return to independent living in the community. Many recommendations for effective safety practices have been proposed by the Institute of Medicine (IOM) and the Agency for Healthcare Research and Quality (AHQR). These recommendations can and should be applied to geriatrics. These recommendations include detecting and reporting of medical errors in the elderly, identifying system failures when medical errors occur, establishing dedicated geriatric units, improving the continuity of care, reducing adverse drug events, and improving geriatric training programs. As a result, there is a strong link between patient safety and geriatrics. Safe geriatric care can be achieved by adopting and implementing safety recommendations such as the ones mentioned here to reduce the occurrence of medical errors. Health professionals should realize that patient safety is critical for improving the quality of geriatric care.
IS-7 Probiotics and Health

Efsun KARABUDAK

Gazi University Faculty of Health Sciences Department of Nutrition and Dietetics
IS-8 Worldwide Nuclear Accidents

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While the use of radioactive materials around the world offers a wide range of benefits in medicine, industry and research, radiation accidents also occur in worldwide. The objective of this presentation is to provide useful information about radiation accidents to the medical personnel. For this, I attempted to document the circumstances leading to the accident and the subsequent medical treatment and health consequences of the victims. Radiation accidents described in this presentation are Chernobyl nuclear power plant accident which was probably the worst possible catastrophe of a nuclear power station. It was the only such catastrophe since the advent of nuclear power 55 years ago. It resulted in a total meltdown of the reactor core, a vast emission of radionuclides, and early deaths of only 31 persons; Fukushima Daiichi Nuclear Power Plant where an earthquake led to damage of the facilities, releasing a large amount of radioactive material into the environment; Three Mile Island nuclear power plant accident and Depleted uranium in Balkan will also be presented.
IS-9 Sports Nutrition Supplements and Their Biochemical Mechanisms of Action

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To understand exercise biochemistry, including ATP-producing pathways, metabolic responses and adaptations to exercise and fatigue mechanisms in skeletal muscle, is essential for developing nutritional strategies which are necessary to improve performance and/or extend endurance capacity. Metabolic pathways are closely related with the type and duration of exercise. Therefore, a strategic and scientific diet, which meets the requirements of an athlete, should be adjusted according to exercise type and duration.

Carbohydrates, proteins and fats are the macronutrients which are required in large quantities in diet and play important roles in energy metabolism, cellular structure and homeostasis. Vitamins, minerals, electrolytes and trace elements are the micronutrients that have roles in metabolic processes such as energy metabolism, muscle contraction, fluid and electrolyte balance, immune system and cellular defense against oxidative stress which were important in athletes especially.

Sport nutrition supplements, also known as functional foods, nutraceuticals, ergogenic aids and dietary supplements, are the products which may include mainly vitamin, mineral, herbs or other botanicals, amino acid and dietary substance of plants. Athletes use sport nutrition supplements widespread to prevent nutrient deficiencies or to provide ergogenic effect. The use by other athletes or recommendation by coach or friends are also important reasons for using sport nutrition supplements.

The major biochemical actions of some sport nutrition supplements which have a clear performance/health benefit or have a clear physiological rationale, are explained below.

Creatine, a non-protein amino acid compound, is endogenously synthesized in the liver and kidney from glycine, arginine and methionine. It is primarily found in skeletal muscle in the form of free creatine and creatine phosphate which are involved in energy metabolism. Creatine supplementation has potential ergogenic effects
because it increases muscle availability of creatine and creatine phosphate especially.

Caffeine, a methylxanthine, is the most widely consumed substance by humans in the nature. It can be found in many drinks and foods, including coffee, cola, energy drinks and chocolate. Caffeine blocks adenosine receptors reversibly and increases wakefulness.

Caffeine has ergogenic effects on central nervous system, on fat and glycogen metabolisms or directly on muscle.

Sodium bicarbonate and sodium citrate are supplements which increase blood buffer capacity against to hydrogen ion concentration increase during exercise.

β-Alanine, a non-proteinogenic amino acid, is the endogenous precursor of carnosine, a dipeptide which is mainly found and has important roles in skeletal muscle. Both β-alanine and carnosine supplementations have ergogenic effects.

Beetroot juice, nitrate salts and L-arginine are the dietary supplements which are used to increase the levels of nitric oxide which modulates blood flow, angiogenesis and mitochondrial biogenesis.

Essential amino acids, branched-chain amino acids (valine, leucine, and isoleucine) and hydroxymethylbutyrate (a metabolite of leucine) are used to increase muscle protein synthesis.

Sport nutrition supplements have a huge global market. In addition to supplements given above, there are many other sport nutrition supplements and new ones are being introduced to the market continuously.

Choosing the right supplement at the optimal dose is very important because supplements may have side effects. Sport nutrition supplements overdoses and/or their use for wrong purposes may be harmful.
In the cultivation of bone marrow cells, it has been known since 1960’s that the adherent cells on plastic surface are stromal cells, whereas cells that are not adhesive are classified as hematopoietic cells. In recent years, the interest in stromal cell system has steadily increased. Formerly, bone marrow stromal cells, especially mesenchymal stem cells (MSCs), was used for the induction of hematopoiesis, but later their in vivo and in vitro differentiation features were introduced into parenchymal cells of many nonhematopoietic tissues, including muscle, cartilage, bone, nerve, liver, hearth, brain, adipose tissue, kidney, lunge and intestine. MSCs were defined for the first time by Friedenstein, which showed the formation of fibroblast-like adhesive cell colonies, which differentiated into bone cells and adipocytes, after spreading of bone marrow into the medium containing fetal calf serum. In following in vivo and in vitro studies, MSCs were described as a source of multipotent stem cells that form all three germ layers’ cells.

MSCs do not only exist in bone marrow, but also exist in various tissues like, umbilical cord blood (UCB), Wharton's Jelly (WJ), adipose tissue (AT), synovial fluid, amniotic fluid, placenta and dental tissues, and can be isolated from these tissues with similar methods. Several specific markers are expressed in the phenotype of MCSs. According to International Society for Cellular Therapy (ISCT), MSCs are defined by the following criteria: i) Their property of adherence to plastic, ii) Their phenotype: CD14− or CD11b−, CD19− or CD79α−, CD34−, CD45−, HLA-DR−, CD73+, HAL-AO, CD90+, CD105+ and iii) Their capacity to differentiate into three lineages: chondrocyte, osteoblast and adipocyte.

Over the last ten years, MSCs have been thought to have important therapeutic potential because of their self-renewal capacity and multilineage differentiation potency. On the other hand, therapeutic effects of MSCs are believed to occur not
only by direct differentiation into injured tissue but also by production of paracrine and autocrine factors. MSCs at the injured tissue environments can promote the secretion of a variety of cytokines and growth factors that have both paracrine and autocrine activities. MSCs are also considered to be effective in immune system by suppressing maturation of dendritic cells (DCs) and the functions of T cells, B cells and natural killer (NK) cells, as well as by inducing regulatory T (Treg) cells, which enhance their regulatory effects. It has been suggested that MSCs could be useful for the treatment and prevention of alloreactivity in a clinical transplantation setting. Considering their immunosuppressive properties, in addition to their low inherent immunogenicity, makes MSCs an attractive treatment option in cell and organ transplantation potentially improving the graft outcome and eliminating a long immunosuppressive treatment regimen. The immunoregulatory effects of MSCs have been shown in autoimmune diseases such as graft versus host disease (GVHD, osteogenesis imperfecta, arthritis, and encephalomyelitis. The results of clinical trials carried out for the treatment of various diseases, especially including GVHD and neuromuscular degenerative disorders, via application of MSCs derived from different tissues, which are manufactured in our own GMP facility, will be introduced in this presentation.
Bringing a pharmaceutical drug to the market is challenging, time consuming and expensive that it costs billions of dollars. Academicians and drug companies are now looking for ways that can avoid screening of ligands screened in experimental assays that have no possibility of showing success. Therefore, computer-aided drug discovery (CADD) techniques are as powerful tools. CADD reduces the costs and time associated with drug discovery, ensures best possible lead compound to enter animal studies as well. CADD tools can predict effectiveness and possible side effects, and assist in improving bioavailability of possible drug molecules. The generation, manipulation or representation of three-dimensional structures of molecules associated with physico-chemical properties describes molecular modeling and mostly used in CADD studies. Molecular modeling involves a range of computerized techniques based on theoretical chemistry methods and experimental data to predict molecular and biological properties. CADD methods using molecular modeling can be mainly classified into two groups, namely structure-based (SB) and ligand-based (LB) drug discovery depending on the availability of target structure information. In order to use SBDD tools, information about target structures needs to be known, for LBDD tools the structures of the active ligands have to be known. In this context some of the LBDD and SBDD methods such as pharmacophore analysis, 3D-QSAR, Docking and SBDD methods will be described. The 3D-QSAR studies have been carried out using shape, spatial, electronic and molecular field descriptors along with a few structural parameters. Pharmacophores can be used to align molecules based on the three-dimensional arrangement of chemical features or to develop predictive models. Pharmacophores can be also used as search queries for retrieving potential leads from structural databases, for designing molecules with specific desired attributes, or as fingerprints for assessing similarity and diversity of molecules. Computational approaches that ‘dock’ small molecules into the structures of macromolecular targets and ‘score’ their potential complementarity to binding sites are widely used in hit identification and lead optimization.
IS-12 Biotransformation of Drugs and Reactive Metabolites

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The biotransformation of drugs is essential for increasing the polarity of the lipophilic compounds into a form that can be eliminated and converting the toxic compounds to less toxic forms. Occasionally, biotransformation reactions may lead to chemically reactive and toxic compounds. These compounds—termed reactive metabolites—can react with DNA, proteins, or other molecules leading to mutations, cancer, birth defects, and a variety of other types of toxicity. The factors that can result in a reactive metabolite formation and modify its reactivity include the presence of a good leaving chemical group, ring strain, a double bond conjugated with a carbonyl group (Michael acceptors), and the presence of electron-withdrawing groups. It is useful to re-examine the biotransformation pathways of drug active substances—such as busulfan, mechlorethamine, nevirapine, abacavir, chloramphenicol, terbinafine, clozapine, alpidem, valproic acid, felbamate, diclofenac, zomepirac, sudoxicam, troglitone—which form reactive metabolites; to predict \textit{in vitro} and \textit{in vivo} biotransformation profiles of drug candidates during drug development studies.
There are three different types of food contamination: chemical, physical and biological. Chemical contamination refers to food that has been contaminated by some type of chemical substance and can lead to chemical food poisoning. Chemicals must be properly labelled and stored separately to food stuff to minimize the risk of contamination. There are also chemicals that occur naturally in foods and in some cases minimal chemical contamination might not actually lead to illness. Biological contamination refers to food that’s contaminated by substances produced by living creatures - such as humans, rodents, pests or microorganisms. This includes bacterial contamination, viral contamination or parasite contamination that’s transferred through saliva, pest droppings, blood or fecal matter. Biological contamination is when bacteria or toxins contaminate food and is a common cause of food poisoning and food spoilage. Physical contamination refers to food that has been contaminated by a foreign object at some stage of the production process. For example, hair may cause physical contamination. These objects have the ability to injure someone and can also potentially carry harmful biological contaminants, which then cause illness. Cross-contamination occurs when bacteria or pathogens are transported from one object to another. For example, never use the same chopping board or knife to prepare raw meat and ready-to-eat foods. Besides, there is careless or deliberate tampering. Foodborne illness can be extremely serious in some cases. Protect from foodborne illness by buying fresh foods, storing food properly, avoiding food contamination in the kitchen, and keeping foods properly refrigerated.
Definition of sarcopenia- According to World Health Organization by 2050, the world’s population over 60 years will reach to 22%. As a consequence, it has been estimated that, nearly 2 billion people aged 60 or older will associate with an increased incidence of chronic health conditions. One of the most prominent features of geriatric population is the existence of skeletal muscle weakness and atrophy. Although the reduction of both is a spontaneous component of the aging process, when decline is below defined thresholds for muscle mass and functions, the sarcopenia is mentioned. Origin of term sarcopenia comes from the Greek words sarx (meaning flesh) and penia (meaning loss). After a long terminological instability, the sarcopenia has been defined by the European Working Group on Sarcopenia in Older People as «A syndrome characterized by progressive and generalized loss of skeletal muscle mass and strength with a risk of adverse outcomes such as physical disability, poor quality of life and death».

Causes of sarcopenia- The causes of sarcopenia are multifactorial. Disuse, changing endocrine function, chronic diseases, inflammation, insulin resistance, and nutritional deficiencies can contribute to sarcopenia. Advanced age, low financial status, smoking habits, low physical activity, atherosclerosis, and lung disease were reported by Alexandre Tda S et all, as predictors of sarcopenia.

Diagnosis of sarcopenia- According to the EWGSOP definition; diagnosis of sarcopenia should include evolution of skeletal muscle mass, muscle strength, and physical performance. Many evaluation method have been used for estimating muscle mass or lean body mass— imaging techniques (computed tomography scan, magnetic resonance imaging, dual energy X-ray absorptiometry, and positron emission tomography), bioimpedance analysis, total body potassium, and anthropometric measures. Handgrip strength, knee flexion-extension techniques (Quadriceps strength), and peak expiratory flow have been validated for estimating muscle strength. The tests used in estimating physical performance include the short
physical performance battery, usual gait speed, timed get up and go test, and stair climb power test.

**Physical exercise interventions against sarcopenia** - Recommendations against sarcopenia should include physical exercise. For increasing muscle mass and strength, maintaining maximum aerobic power and prevent falls; resistance, endurance and balance exercises should recommended for frail older people.
Postgraduate education in Turkey started with the establishment of the School of Pharmacy, which was established before the Republic period. However, the first doctorate thesis was done in the Istanbul University of pharmacy faculties started. In this study, the distribution of graduates and current student numbers in faculties, programs and universities in Turkey in the field of pharmacy will be determined and the academic staff requirements of pharmacy faculties will be discussed.

The material for this study comprises of the data from health sciences institutes in Turkey that provide postgraduate education about pharmacy and the distributions of current academic staff obtained from Faculties of Pharmacy.

As of 2017 there are 31 faculties of pharmacy in Turkey, which accept students. According to the results of our study, 19 faculties of pharmacy provide postgraduate education in 30 different disciplines. To date, the most postgraduate education has been provided by the Ankara University of Faculty of Pharmacy and the faculty with the highest number of postgraduate students is the Marmara University of Faculty of Pharmacy as of 2016. The program with the highest number of postgraduate education is Pharmaceutical Chemistry while the Department of Pharmacognosy has the highest number of students at present. While the number of postgraduate students in the field of pharmacy was 763 in 2007, today it has reached about 4000.

When considering the current distribution of academic staff it is evident that there is an urgent need to train academic staff in newly opened faculties of pharmacy and those to be opened. Considering that 9500 pharmacists in Turkey are expected to increase in 2023, it may be advisable not to open new pharmacy faculties, to open new graduate programs specifically needed in the pharmacy faculties of universities, and to take measures to encourage the quality of existing post-graduate education programs.
According to Cosmetics Law, cosmetic products are defined which preparations or substances are to clean, smell, change appearance, correct body odors, protect or keep them in good condition such as epidermis, nails, hair, lips, external genital organs, teeth, mouth mucosa. Some products can fit both the cosmetic and the drug definition. Cosmeceuticals can also be described as "substances and products that are claimed to have the desired cosmetic result with physiological effect, which affects the structure and function of skin and skin-bound processes positively and possess biological activity".

Nutricosmetics is a combination of food and cosmetic words. Nutricosmetic products are topical and oral agents that improve the appearance of skin. Nutricosmetic products are generally used in combination for synergistic effect and this approach is defined as 'inside-out' approach.

Good and balanced nutrition is considered essential for healthy living and beautiful skin. In addition to the effects of dietary and food supplements all over the body, the effects on skin health are also taken into account. Skin care practices for healthy and youthful appearance have created a new trend. Oral intake of products is easy in the sense that the person is sleepy. As a result of aging, unidirectional nutrition, low consumption of fruits and vegetables, environmental pollution, developing technology, rapid life procedures and due to the use of pesticides and fungicides, the use of products that can be used together with food for cosmetic purposes is becoming widespread.

Many substances used as nutricosmetics are composed of protein and fatty acids. Essential fatty acids have been shown to be effective in the pathogenesis and treatment of atopic dermatitis. By inhibiting the synthesis of leukotriene B4 by linolenic acid, it has been reported that inflammatory acne can be reduced by nutrition rich in linolenic acid.

Today, vitamins are added as milk, cheese, yoghurt and they are sold as nutricosmetics product. Traditional yogurt does not contain milk rich in vitamin D.
However, new types of yogurts contain vitamin D and probiotic microorganisms and are used for nutricosmetic purposes. It is thought that oral vitamin D supplements may protect against skin aging process. Vitamin E is also used in nutrients. It is effective in preventing damage due to UVB. It has been observed that oral vitamin E and selenium supplementation improves acne lesions. Vitamin C is effective in preventing UVA-induced damage. It suppresses the inflammation that occurs after sunburn. It is responsible for the synthesis of collagen and is important for the hardness of the nails. Vitamin K has been reported to reduce spotting and black circles around the eye with local use, and to correct lacerations after laser surgery. Pantothenic Acid (Vitamin B5) is used as a moisturizer. Vitamin A is common in the form of retinoid-tretinoin due to its anti-aging effects in the nutricosmetics.

Minerals are also included in nutricosmetics. It has been reported that iron deficiency is caused by non-cicatricial alopecia especially in females. Flavonoids and polyphenols are the most popular nutricosmetic ingredients. Soya flavanoids have been used for thousands of years in traditional Chinese medicine for skin care and treatment. Phytoestrogens have been shown to increase skin thickness and collagen synthesis.

Black, green, white and oolong tea varieties are participated in the nutricosmetic products due to their strong polyphenols, UV protection, moisturizer and preservative. Honey nourishes, moisturizes, refreshes, soothes to the skin. Apart from these properties, it is in the content of nutricosmetics because of increasing viscosity, taste, colour, smell and protective properties. Besides honey, propolis, bee milk, and other products originating from honey is also involved in the structure of nutricosmetics.

Numerous substances can be used or used as nutricosmetics agents. The important thing is to product design that can serve well. From the formulation design to the product recommendation, the needs of the person and nutritional information should be considered.

How the active ingredients in the product design should be considered about behave in the gastrointestinal system, metabolism processes, accumulation or breakthroughs in the body. Particular systems, encapsulating and coating technology should be used in the design of nutricosmetic products.
Ottoman Empire has left many valuable structures in a vast geographic region during its ruling time. These structures include; castles, caravanserais, bridges, mosques, religion schools, madrasahs, libraries, bazaars, dervish houses, water arches, tombs, imarets and hospitals. Balkan region, being one of Ottoman’s biggest ruling areas, stays home to many of those structures and others related to history of medicine. Some of these structures can be listed as; military and civil hospitals, quarantine chambers, Turkish baths and spas. In this study, we aim to focus on the structures built in Balkans during the Ottoman times related to history of medicine.
There are a number of approximately 100,000 fungi species known to the date in the world and every year, hundreds of new species are identified and added to the current list. Among these species, macrofungi is estimated to possess 10-20 percent of the total number of the fungi species. The macrofungi species are classified based on their edibility parameters into three subgroups namely edible, inedible and poisonous mushrooms. Currently, about 100 of them are known to be poisonous to humans and of which, 10 are the most dangerous causing fatalities in our country and the different parts of the world. Consumption of certain mushrooms as a food in the world is common practice exercised by a variety of people including farmers, the people living in the forests and villages, common people and professionals. In recent years, mushroom foraging or picking in nature has recently become even a more popular leisure activity. However, sometimes, especially in the seasons where mushroom flourish in the wild, people collect poisonous fungi by mistake and mushroom poisonings have become a considerable health problem due to mostly in part by the lack of knowledge in the identification of the mushrooms. Therefore, this presentations aims to draw attention to some significant points including the discrimination between poisonous and edible mushrooms, the symptoms of mushroom poisoning along with some treatment strategies and the suggestions about how to properly collect the mushrooms in nature to the interested people.
The use of nutritional supplements to improve athletic performance is not new. Its use for performance dates back to 500-400 BC (Applegate & Grivetti 1997). Today, many athletes are still in search of a drug, supplement or drink that can improve their performance. In addition to genetic endowment and modern training techniques sports nutrition is a key component of sport success. Besides a variety of nutritional strategies, sports nutrition contributes athletic success especially with the evidence-based use of nutritional supplements.

Several important issues need to be considered when using nutritional supplements are: the effects of supplement should be evidence-based, it should be used according to individual needs of the athlete, biochemical biomarkers of the athlete should be monitored prior to, during and after supplementation.

As a natural consequence of the athletes’ high interest, thousands of dietary supplements are commercially produced and widely used. However, there is a great risk in using these supplements as they may contain doping substances due to contamination. In order to avoid this risk, several countries check the products for the absence of contamination and provides with ISO 17025 certification for those which are reliable.

On the other hand, some natural food that we consume may also contain doping substances.

In this speech, evidence-based dietary supplements and doping risks of using these supplements will be presented.
Improving the performance of the athlete and preventing the injuries are among the main purposes of the exercise schedules. In particular, it is thought that exercises that increase the mobility of the joints are considered to be protecting the athletes from injuries while they improve their performance at the same time. Stretching and myofascial release (MFR) exercises have been used for a long time to increase joint mobility or reduce the limitation of motion. MFR is a broad term that includes manual therapy techniques that are applied by compressing the muscle and the fascia. MFR exercises focus on the fascial and neural systems of the body, which are affected by poor posture, and repetitive and erroneous movements. These mechanically harmful movements are considered as injuries by the body and the body initiates a healing process called the cumulative injury cycle. This cycle is in the form of the development of soft tissue adhesions that can lead to inflammation, muscle spasm, neuromuscular control, and muscle balance changes. These adhesions reduce the elasticity of the soft tissue, and ultimately, this results in permanent changes in the structure of the soft tissue, which is also known as the Davis's Law. So, at this point, MFR applications focus on rehabilitating muscle movements and functions by alleviating these adhesions (also called as trigger points or nodes).

Self-Myofascial Release (SMFR) is the MFR technique that an athlete applies to himself/herself rather than by a therapist by using various instruments. SMFR tools are types of equipment that can easily be reached, can be jointly used in all exercise areas or that can be bought at suitable prices for use at home. With SMFR exercises, in other words, with the myofascial release exercises that the athlete practices on his/her own in just a few minutes, development in flexibility, muscle renewal, movement efficiency and especially in the inhibition of overactive muscles can be achieved. Additionally, these impacts of SMFR exercises, have acute and chronic positive effects on the athletic performance. For this reason, especially recently, SMFR exercises have been the alternative methods that are used by the athletes for warm-up, cool-down or mobilization.
Drug development is a multidisciplinary process involving a large number of processes, including; identification of a drug target, bioassays, structural biology, synthetic medicinal chemistry, drug design and evaluation of the drug behavior in the body. Each of these processes, in itself, is a complex task and there is a significant risk of failure at any step on the development path. Accordingly, there is wide interest in computational methods which can enhance or speed up any of these processes. This presentation will provide examples of the application three dimensional quantitative structure-activity relationships (3D-QSAR) and pharmacophore identification approaches by using computational methods.

Benzazoles are heterocyclic compounds holding oxazole or imidazole or thiazole five membered ring systems fused to the benzene ring. They are structural isosters of nucleotides that allow them to interact easily with the biopolymers, possessing potential activity with lower toxicities in the chemotherapeutic approach.

Since last two decades, some of these novel fused heterocycles such as benzoxazole, benzimidazole and benzothiazole derivatives were synthesized and distinctively studied for their chemotherapeutic activities as the new non-nucleoside eukaryotic DNA topoisomerase II enzyme inhibitors, HIV-1 reverse transcriptase inhibitors and/or measles virus entry inhibitors by our research group.

In order to predict the structure activity relationships and to generate lead compounds outlined from the synthesized benzazoles as the new nonnucleoside eukaryotic DNA topoisomerase II enzyme inhibitors or as the new antimicrobial agents, QSAR and molecular modeling studies are evaluated by using 2D, 3D QSAR models and/or 3D-common feature pharmacophore hypothesis generation approach.
Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder defined with persistent impairment in reciprocal communication and social interaction, and restricted, repetitive patterns of behavior, interests, or activities. Manifestations of the disorder vary greatly depending on the severity of the autistic condition, developmental level, chronological age, and the other accompanied medical disorders; hence, the term spectrum are used. Symptoms are typically recognized during the second year of life and must be present in the early developmental period to diagnose. Many cases with ASD have intellectual disability. In the etiology, heritability estimates for ASD have ranged from 37% to higher than 90%, based on twin concordance rates. Currently, as many as 15% of cases of ASD appear to be associated with a known genetic mutation, with different de novo copy number variants or de novo mutations in specific genes associated with the disorder in different families. A variety of nonspecific factors, such as advanced parental age, low birth weight, or fetal exposure to valproate may also contribute to risk of ASD. For the assessment of ASD, well standardized instruments have been used. ASD still can not be cured, but treated by a combination of interventions tailored by specific training to age, level of functioning and environment. Nevertheless, even though our understanding of ASD has markedly grown, the disorder still remains enigmatic in many aspects.
Success in sports includes a complex attribute effected by gene-gene and gene-environment interactions. Also high motivation, skill development, nutrition, mentoring and a well programmed life style are the other contributers of success in sports. Performance enhancing polymorphisms (PEPs) are the special single nucleotide polymorphisms (SNPs) effecting human performance. By the improvements in molecular biology, new high throughput technics not only reduced the costs, but also pervaded their applications in every branch of medicine, including sports science. Up to date, 250 approximate genetic markers were associated with human performance, including mitochondrial DNA (mtDNA). Some of the PEPs were linked with endurance activities, whereas some with power. There are also some special SNPs which decides how to react to training and skill development, both physically and emotionaly. Also we can anaylse some of the markers related with tendonopathies. Analysis of these PEPs and aiming to determine a score for an individual who carries the suitable genetic endowment for sports are some of the important outcomes of sports science. Therefore, having knowledge about the genetic endowment of an individual is very important for choosing the suitable sports activities and deciding for personal training programs. By the help of these information, under the right guidance, an individual with the suitable genetic endowment will have a greater chance of being an elite sportsman.
Speech and language-specific developmental disorders are common neurodevelopmental disorders of childhood. These disorders are usually seen with speech delay, articulation difficulties, impaired speech flow, and inability to use language as a means of social communication. Also, speaking and language difficulties can be the result of other neurodevelopmental disorders and neurological diseases. Therefore, it is important to recognize the children with speech and language difficulties, also to make the differential diagnosis and plan the interventions at earlier ages. In this presentation, we will discuss the differential diagnosis, diagnosis and treatment approaches of the issues of Specific Language Disorder, Childhood-Onset Fluency Disorder (Stuttering), and Social (Pragmatic) Communication Disorder under the heading of Communication Disorders.
MicroRNAs (miRNAs) are recently discovered endogenous, localized on all chromosomes except the Y chromosome, set of small (~22 nt) non-coding RNAs that mediate post-transcriptional regulation of gene expression. miRNAs play key regulatory roles in diverse biological processes and are frequently dysregulated in human diseases such as cancer, neurodegenerative diseases, cardiovascular diseases and viral infections. Because of these regulatory roles, it has not been surprising that aberrant miRNAs expression has been implicated in several diseases. Recently, although the biological functions of miRNAs are not completely revealed, a growing body of evidence implicates that miRNA pathway is a new mechanism of gene regulation in both normal and diseased conditions and therefore investigation of miRNA biogenesis and function may add new tools for gene functional study and drug development. Recent studies have reported that circulating miRNAs could serve as useful clinical biomarkers. miRNAs putative roles as oncogenes or tumor suppressor genes presents a great opportunity to provide target cancer treatment strategies. The result of ongoing study about miRNA-based therapeutics for more than 20 years, today transformed into the shape of a mature form of the drug and has taken its place in the therapeutic platform. The therapeutic application of miRNAs involves two strategies. One of the strategy is Antogomir (AntimiR, blokmiR; miRNA antagonists) and counteract the target mRNA, miRNA or miRNA. For this purpose anti-miR oligonucleotides (Amos), miRNA sponges and miRNA masks are used. The second strategy, miRNA replacement therapy or miRNA mimic, involves the reintroduction of a tumor-suppressor miRNA mimic to restore a loss of function. Until today it is made of more than 200 miRNAs RNAi-based therapy in clinical trials. For example, the unique miRNA drug in clinical trials is developed for use in HCV treatment, an LNA antimir and miR-122 targeting miravirsen's (\x3d SPC3649: SANTARIS Pharma, Denmark) Phase II trials has been completed and is the first experimented antimir in humans. Furthermore, ongoing preclinical studies of let-7'mimig (miRNAs Therapeutics) has been shown to be effective in many types of cancer including Leukemia and lung cancer. Thus it is aimed to emphasize the advantages of miRNAs based therapeutic strategies.
Glioblastoma (GBM), grade IV astrocytoma, is the most malignant and the mortal primary brain tumor. GBM constitute 12-15% of intracranial tumors and 50% of astrocytic tumors. GBM patients have a poor prognosis and the median survival of patients is 14-15 months. The 5-year survival rate of patients after primary diagnosis is <5%. GBMs are present the group of diffuse astrocytic and oligodendroglial tumors. GBMs are classified as primary and secondary GBM according to the tumor development process. The de novo diagnosed as grade IV lesions are defined as primary GBM, and the tumor that developed from prior lower grade (II/III) tumors is defined as secondary GBMs. The current therapy protocol of GBM, has no a clear targeted therapy, is maximal surgical resection following by radiochemotherapy and adjuvant chemotherapy. In addition, chemotherapy-supportive therapies can be applied. The contribution of chemotherapy treatment is an indisputable fact for surgery and radiotherapy treatment of patients with GBM. The most common and first line chemotherapy is the treatment of Temozolomide (TMZ), methylating agent. Also, other alkylating agents such as nimustine (ACNU) and carmustine (BCNU), and lomustine (CCNU) are used in GMB treatment. Initial and acquired chemotherapeutic resistance is occurred in treatment of both TMZ and other agents. Insignificant or no chemotherapeutic response to first treatment is so called initial resistance. The tumor does not respond to subsequent treatments after responding to the first treatment in acquired resistance. Many factors play role in chemotherapeutic resistance in GBM treatment. These factors are classified as intrinsic and extrinsic. The extrinsic factors can be summarized the level of penetration of chemotherapeutic agents through blood-brain barrier, hypoxic conditions, the microenvironment, and cancer stem cells. Intrinsic factors as called genetic and/or epigenetic factors which show different patterns in primary and secondary GBM are molecular factors. These molecular factors include mutations in the pathway of receptor tyrosine kinase (RTK), dysregulated of the
pathways of tumor suppressor genes (such as p53 and Rb), mutations in the metabolic pathway [isocitrate dehydrogenases mutations (IDH1 and IDH2), detection of 2-hydroxyglutarate (2-HG) metabolite), alterations in expression of DNA repair enzymes, mutations that activate telomerase activation, DNA and histon methylations (MGMT, H3, respectively), 1p / 19q deletion, miRNA expression (miR-21, miR-195) and over-expression of MDR genes and others.

However, only EGFRvII mutation, MGMT methylation, IDH1/IDH2 mutation and 1p19q deletion can be assessed prognostic/predictive biomarkers from these genetic/epigenetic changes in GBM treatment protocol. The main cause of using of limited factors in GBM treatment is due to the genetic heterogeneity of GBM tissues. GBM tissues have higher genetic heterogeneity than other solid tumors. The differences between the tumor and the normal tissue of the same patient are determined in terms of the genetic factors mentioned above. Also, different properties for a genetic factor can be detected in same tumor tissue. Therefore, it is difficult to assign diagnostic, prognostic and predictive biomarkers for GBM. The results of recent studies about to antibody and tumor vaccine development have been unsuccessful and contradictory.

Numerous factors play a role in the differences of results of studies on development of molecular biomarker. These factors can be classified as the differences of cell lines and animal models used in studies, investigation tumor tissues that obtained from different region of brain, determined cancer stem cells have different properties, changing of sensitivity to chemotherapeutic agents due to genetic differences of tumor tissues in patients.

It is understood that it is necessary to personalized therapy, combination therapy with different agents, determination of common biomarkers by using new molecular techniques as next generation sequencing, tumor vaccines, single tumor sequencing, and molecular imaging analysis, in the development of targeted therapy for GBM treatment in consideration of the points mentioned above.
Postgraduate education consist of Master's degree (with or without thesis), PhD degree, and postgraduate qualification in art degree. Purpose of the postgraduate education is to enable students to achieve expert or doctorate degrees by improving their knowledge and skills. Postgraduate education programs are provided by institutes based on universities.

Nursing science not only aims at improving individuals, families and community's health but also tests the correctness and objectivity of techniques and applications used to achieve this aim. Science-focused nursing was first established during Crimean War by Florence Nightingale in concept of applications related to improving environmental conditions and it had a continuous development. In Turkey, nursing education started by establishment of Kızılay Nursing School in 1925, followed by Bachelor's Degree programs in Ege University School of Nursing which were given start in 1955. Today, there are more than 180 programs providing Bachelor's Degree in Nursing. The transition process of postgraduate nursing programs was quickened by developments of evidence based practices in medicine. First postgraduate nursing education program in Turkey was established in Hacettepe University in 1968. First PhD program in nursing was also started in the same university in 1972. There are 35 universities providing Master's programs with thesis in specific nursing fields, 16 universities running Master's programs in nursing fields without thesis, and 11 universities providing PhD programs in Turkey.

Despite the fact that postgraduate education in nursing comprises of 50 years of background, there are many programs offering postgraduate degrees. However, when those programs are evaluated by the quality of education, there are many noticeable problems. Those can be identified as problems in relation to legal issues, academic supervisors, students, projects and educational funding. Recommendations to solve the current problems are reviewing criteria to establish and continue postgraduate programs, development of qualified academic staff, improving research funding and supports, enabling students to experience national and international education opportunities, organizing courses to support scientific development of students and their supervisors.
Specific Learning Disorder (SLD) is a condition where educational skills are significantly lower than expected according to age which considerably affect success and daily activities related to school or job. SLD is a group of disorders which manifests as significant differences in several areas including reading, writing, mathematics, listening, speaking and reasoning. In the fifth edition of Diagnostic and Statistical Manual of Mental Disorders (DSM-5), prevalence of SLD which includes educational areas of reading, writing and mathematics was reported as 5-15% in school-age children from different languages and cultures.

Various opinions and theories have been developed for explaining the causes of specific learning disorder. While SLD is based on a biological basis, genetic and environmental factors play a role in the development of this functional disorder. The studies carried out in recent years unite in the opinion that SLD emerges depending on a structural and functional disorder of the central nerve system. In the autopsy studies investigating structural disorders, it was thought that the cases with SLD had planum temporale symmetry or reversed asymmetry and these changes were due to the neuronal migration anomaly occurring during the embryonic period. These structural and functional disorders cause delays in the development of the cognitive processes necessary for reading, speaking, writing or mathematical skills.

The psychiatric comorbidity with SLD are quite frequently reported. While the comorbidity rate is 30% in epidemiological studies, it was found to be 66.2% in clinical studies. Although their association was found at very different rates, the accepted opinion is that the most common diagnosis accompanying to SLD is attention deficit hyperactivity disorder (ADHD). The association of these two disorders might be related with similar hereditary factors. Accompanying psychiatric comorbidity significantly influences functionality of the person, thus these co-diagnoses must definitely be sought and treated in children diagnosed with SLD.

Specific learning disorder is not simply a result of lack of instruction or poor instruction. Key skills that may be impacted include reading of single words, reading
comprehension, writing, spelling, math calculation and math problem solving. Difficulties with these skills may cause problems learning in other academic subjects, such as history, science and social studies. But those problems are attributable to difficulties learning the underlying academic skills. SLD, if not treated, can potentially cause problems throughout a person’s life, including lower academic achievement, lower self-esteem, higher rates of dropping out of school, higher psychological distress and poor overall mental health, as well as higher rates of unemployment/under-employment
IS-29 Behavioral Problems and Management in Individuals with Dementia

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Although cognitive symptoms and loss of memory are the main characteristics of dementia, behavioral and psychological symptoms often dominate both the presentation and course of disease. Behavioral and psychological symptoms of dementia (BPSD) is a term used to group a range of symptoms potentially distressing to the person with dementia and those around them. These symptoms include agitation, depression, apathy, repetitive questioning, psychosis, aggression, sleep problems, wandering, and a variety of inappropriate behaviors. One or more of these symptoms will affect the vast majority of individuals with dementia over the course of their illness.

Behaviors are very varied from person to person and one day to another day. It is also varied according to type of type of the disease, the place where they lived and stage of disease. In early stage of disease anxiety and depression are common. Agitation (a broad category that includes excessive psychomotor activity such as pacing, trailing, restlessness, dressing and undressing, and emotional distress) may increase with disease severity. During the course of dementia, apathy is commonly reported by family members across all stages of dementia and tends to worsen over time. In comparison delusions, hallucinations, and aggression are often episodic and more common in moderate to severe stages of the disease.

Etiology: BPSD have a complex etiology. Symptoms are likely to arise from a range of neurological, environmental and social factors. Symptoms can be divided to main group as endogenous causes and exogenous causes.

Endogenous Causes: they are related with the neuropathological changes in his brain.

Exogenous Causes: environmental factors (attitudes and behaviors of caregivers, inappropriate sensory stimuli), physiological factors (pain, systemic diseases, comorbid disorders, liquid-electrolyte balance disorders / dehydration, infections), drugs (anticholinergics, benzodiazepines, tricyclic antidepressants, antihistamines).

Consequences of Behavioral and Psychological Symptoms: BPSD create difficulties for people with dementia, their caregivers and providers. BPSD lead to significantly earlier placement in a nursing home excess morbidity, mortality, and hospital admissions. Additionally BPSD are associated with negative caregiver outcomes those
are reduced quality of life, worse health, and reduced income from employment, social isolation, anger, guilt, psychological stress, fatigue, physical discomfort (disease), and burnout.

Management: BPSD have a complex etiology. Thus one single treatment approach does work for variety of symptoms. Furthermore, management involves patient-centered care approach and training of family members, nurses and other caregivers. Management of Behavioral Problems include several strategies. These strategies are: evaluation of the patients and their symptoms, determination of cause, monitoring, nonpharmacological interventions, pharmacological treatment and caregiver support.

Pharmacological management: Drugs are preferred for several reasons: lack of trained staff and equipment in the use of non-pharmacological strategies. Predominantly, antipsychotic agents have been used to manage BPSD. Pharmacological agents have side effects. Side effects include orthostatic hypotension, anticholinergic symptoms, mouth dryness, urinary retention, constipation, visual disturbance, confusion, regression in cognitive functions, extrapyramidal symptoms, parkinsonian similar symptoms (akathisia, dystonia, tardive dyskinesia), worsens cognitive impairment, reduce functional capacity, increased risk of death. Most common used pharmacological agents ant side effects of them are: Antipsychotics (typical-atypical), Haloperidal (increases the risk of extrapyramidal symptoms), Risperidol, olanzapine (increases sleepiness, cardiovascular risk, and cerebrovascular event risk), anxiolytics, Cholinesterases, Donepezil, Galantamine (nausea, vomiting, diarrhea, loss of appetite, rhinitis, weakness, numbness, tingling, dizziness, headache, urinary incontinence, syncope.

Non-pharmacological treatments: Non-pharmacological treatments include a vast variety of behavioral, environmental and caregiver supportive interventions. These include acupuncture, aromatherapy (use of fragrant plant oils), cognitive or memory training, reminiscence therapy (discussion of past experiences), light therapy, simulated presence therapy (use of audiotaped recordings of family members’ voices), Snoezelen (placing the person with dementia in a soothing and stimulating environment known as a “Snoezelen Room”) and validation therapy (working through unresolved conflicts).
Since centuries, mankind has been searching for the ways to overcome tiredness and improve work efficiency. Starting from this point of view, when we look at the past; we see that South Americans and African natives have been using some natural ingredients on the grounds that they increase physical strength, capacities and courage. Similarly, it is understood from the extant information that Central and South American residents chew coca leaves and use materials such as mate (Paraguay tea), ginseng root, cannabis, kava (an extract obtained from black pepper plants) to reduce tiredness and increase stamina during long mountain walks. The Greeks in the 3rd century BC, on the other hand, are known to have used mushrooms and sesame seeds for the purpose of increasing sportive productivity. It is also known that in the 6th century BC, gladiators received stimulants to prevent injuries and tiredness. We learn from the different sources that in 1865 in the Netherlands, channel workers was given substances that reduced fatigue and it was a tradition to give some kind of fermented honey to newly married couples in Ireland and so the term "honeymoon" originated from this tradition. From an etymological perspective, it is known that the word “doping” originated in South East Africa and later came from the Dutch word "dop", which is the language of the Dutch immigrants from the African native languages. Dop, which is used by the kaffir natives and zulu warriors there, is an alcoholic drink made from the grape skin with a strong stimulating effect. WADA, the most authoritative organization for the fight against doping, prepares and publishes a list of new prohibited substances and methods each year, and the International Olympic Committee and International Sports Federations accept these lists. According to this: “The presence of the prohibited substances specified in the WADA Anti-doping Code, their metabolites or biological” traces " in the bodily fluids (such as blood and urine) of athletes, and the prohibited methods or manipulation practices indicated in the code are regarded as doping.”

Doping substances, which are used to increase sportive performance, differ according to sports branches and purpose. In some sport disciplines they are used to increase strength, endurance, to reduce the feeling of fatigue, while in some sports branches they are also used to reduce the neural tension by taking advantage of the sedative effect.
Eukaryotic elongation factor 2 (eEF2) promotes ribosomal translocation in polypeptide chain elongation. (ADP)-ribosylation is a post-translational modification reaction that catalyzes the transfer of ADP-ribose group to eEF2 and this causes the inhibition of protein synthesis. eEF2 can be ADP-ribosylated in the lack of diphtheria toxin (DTx) and this is known as endogenous ADP-ribosylation. Diphtheria toxin (DTx) is a well-characterized representative of bacterial protein toxins. It is synthesized and released by toxinogenic Corynebacterium diphtheria strains as a single polypeptide chain of 58 kDa. After a mild treatment with trypsin and reduction of its disulfide bonds, toxin is separated into two fragments: Fragment A (FA) of 21 kDa has enzymatic activity (ADP-ribosyltransferase) at the end of the N-terminal end and Fragment B of 37 kDa that is providing connection between the cell and holotoxin. FA in the cell leads to protein synthesis inhibition, DNA fragmentation, actin degradation and apoptosis. Actin, the most abundant protein in the cell, is in the form of monomer (G-actin) or filament (F-actin). It interacts with a large number of different proteins in order to accomplish many cellular functions. Actin supports endosome vesicles to early endosomes in the cell. The acidic milieu in endosomes causes conformational changes and denaturation of the toxin. The transmembrane domain becomes disclosed and mediates through interaction with the endosomal membrane release of FA into the cytoplasm.
Radiation sources are an integral part of our technology-based life. The potential for accidents is there and it is not disappearing. Modernization and technological development show the need to implement more complex programs and procedures to ensure a high level of compliance with radiation safety. A relevant aspect of present technology is the concern to introduce mechanisms to prevent radiological accidents or incidents, to ensure early detection of failures. The prevention of an abnormal situation, overexposure of workers or unwanted risks, should be considered in the level of vulnerability of the facility, a concept drawn from international protection systems and which is applied directly in radiation safety. Preventive management, risk communication and proposals for change or improvement along with the detection of risks and training, constitute all the factors contained within prevention policies. Dose limitation, optimization and justification, old tools used for decades, could not be replaced by other modern concepts and criteria. ALARA culture (including performance indicators) should be considered. A clear policy of prevention is needed as well as an appropriate level of radiation safety which should be taken into account since the very beginning of the development of a given practice.
In this talk, examples of structure-based and ligand-based screening of small molecules databases for different targets will be highlighted. Filtered structures based on predicted binding energy results using high throughput virtual screening (HTVS) techniques are used in more sophisticated molecular simulations approaches (i.e., Glide/SP, Glide/XP, Induced Fit Docking-IFD, and Quantum Mechanics Polarized Ligand Docking-QPLD). Potent high binding affinity compounds that are predicted by molecular simulations are then tested by long molecular dynamics (MD) simulations. The molecular mechanism analysis, Free Energy Perturbation calculations using long multiple MD simulations for the identified compounds which show high predicted binding affinity against specific target structures, as well as structure-based pharmacophore development (E-pharmacophore) studies (Figure 1) will be summarized.

Figure 1. E-pharmacophore modeling resulted 6-sited AAADRR hypothesis as top-scored hypothesis for both known PARP-1 inhibitors CHEMBL2322618 and olaparib.
Science and technology develop very rapidly in our age and pharmacy practices keep up with the pace of that development. The analysis of the development of a scientific field is crucial in the evaluation of the role and position of those who work in that field. Accurate evaluations of the present and the past sheds light to the future and helps taking more confident steps towards that future. History of pharmacy is very important in that respect.

Pharmacy emerged at the same time with the medical profession and the same people conducted both professions until about 800 years ago. Pharmacy gained its current function having passed different phases over the years.

The history of Medicine and Pharmacy during the Anatolian Seljuk States and the Ottoman Period in Anatolia set the foundations of the History of Pharmacy in Turkey. It is known that there were many pharmacies in Dar-al Shifas (hospitals) buildings in those periods in Anatolia and that doctors and pharmacists were trained in some of those hospitals under the traditional method of being apprentices of the masters of the profession. Many works written in the Ottoman Period display the importance of pharmacy at that time in the history. The first legal arrangements concerning pharmacy were made in our country in the 19th century when the medicine and pharmacy schools were founded and the first codexes were published. The first pharmacy was opened in İstanbul in 1802 and many more pharmacies followed it. The first pharmacy opened by Turks was Eczane-i Hamdi that was opened by Pharmacist Hamdi Bey in Zeyrek. The first Turkish preparations such as Elixir Hamdi, İksir-i Süreyya and Pertev Şurubu were produced in the same century.

This presentation focuses in chronological order on the works written on pharmacy training, pharmacies, pharmacopoeias and the first preparations in Turkey with regard to the History of Pharmacy in the country.
One of the most important health problems worldwide today is the inability to find a donor in enough amounts in tissue and organ transplants. In clinical practice, autografting and allografting are frequently used to replace damaged and nonfunctional tissues with healthy tissues. However, these methods have problems such as complications experienced in the area where the graft is taken, quantity inadequacy, immunological incompatibility and disease transfer between individuals. Taking all of these into account, the importance of tissue engineering, which aims to produce healthy tissues and organs suitable for transplantation in the laboratory environment, is emerging.

**Tissue engineering** is an interdisciplinary field of study within rapidly advancing biomedical research and is the science of creating methods, tools, and artificial bionic structures that can fulfill the functions of diseased or damaged tissues and organs by combining life sciences, engineering and materials science. It is important to develop tissue engineering technology in country conditions because of the unique technology of the patient and the difficulties geographical conditions create for the application of this technology. The main goal of tissue engineering is to create tissues or organs for use in case of loss or damage. Tissue engineering includes four stages: the first using only biomaterials; the second using only cells (directly or with genetic modifications (gene therapy)); the third using biomaterials with adhesion and expansion bio-signals; and the fourth using biomaterials, bio-signals, and cells together. For the purpose of cell growth for guiding new tissue or organs and providing mechanical support, three-dimensional scaffolds can be produced from biomaterials. In addition, bioreactors can be used to mimic a tissue microenvironment.

Tissue scaffolds are produced to mimic extracellular matrix and they should provide a suitable surface for appropriate cell growth and adhesion, mechanical strength, and
effective environmental and tissue interactions. Selection of biocompatible and biodegradable materials is important. Cartilage, bone, and tendon regeneration is often studied in tissue engineering applications. Scaffolds with different properties for each application (size, three-dimensional structure, surface pattern, porosity, mechanical strength, etc.) should be used.

*Regenerative medicine* is a broad field that includes tissue engineering but also incorporates research on self-healing – where the body uses its own systems, sometimes with help foreign biological material to recreate cells and rebuild tissues and organs. The terms “tissue engineering” and “regenerative medicine” have become largely interchangeable, as the field hopes to focus on cures instead of treatments for complex, often chronic, diseases.
There is a linear relationship between health and the increase in the number of utilities and equipment that use electricity in all areas of daily life. This means there are more electric currents and therefore more magnetic fields. When looking at the devices used that ease daily life, it is easy to see that almost all of them work with electricity. On the other hand, the majority of electrically operated wireless devices used in everyday life also generate electric, magnetic and electromagnetic fields in the environment. Electromagnetic waves or fields are not recognized by people because they cannot be seen with the eyes, cannot be heard with the ears, and cannot be felt.

In the developed countries, the environmental problem called "Electromagnetic Pollution" has been discussed for many years as to kind of effects / problems it poses on the living things.

In the second half of the seventies, the first research results claiming that high voltage lines which produce "extremely low frequency magnetic fields (ELF)" may have a relationship with childhood cancers was published. In the early 2000s, after many years of research about this topic, the World Health Organization (WHO) has taken "ELF" in the "Probable carcinogen" group, "2B". Since the nineties, the health effects of the mobile phones, base stations, etc. which create “radiofrequencies” in the environment have also been investigated. It has been suggested that the results of the studies are not innocent at all. With the increasing amount of publications finding that these people may have different health problems including brain tumors, in 2011 World Health Organization (WHO) put this concern in the precautionary principle group “2B”.

Could it be possible that health problems we are encountering presently may be caused by "Electromagnetic pollution"? Who is the most vulnerable to this type of pollution, and which sectors need to be trained the most in this regard? Indeed, the answer is children and adolescents.

For this reason, this presentation will focus on the health risks that are confronted with children and adolescents who are vulnerable to electromagnetic pollution.
IS-37 Use of Simulation in Health Science Education

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Simulation is a widely used technique to support education and learning in all areas of health care services and at all levels. It is a method that involves human interaction rather than a method of education involving the use of technology and computers. It has a feature that can reconstruct and reproduce the existing features of the real clinical environment in a fully interactive manner.

There is increasing evidence in the literature that simulations facilitate the education of health professionals. It has been shown that simulation is effective to improve students' cognitive and critical thinking skills, and self-efficacy, clinical decision making, clinical skills and performance. After the graduation, it is known that the simulation facilitates the transfer of achievements obtained in the studentship to the professional practices.

When it comes to patient safety, teamwork is used to improve both intra disciplinary and interdisciplinary communication. In simulation-based training, a situation / skill or sample case which is specific to clinical are can be revitalized in many ways. Thus, opportunities for active learning (reflexive learning) can be provided to all students to create consistent and comparable experiences and students are encouraged to integrate their knowledge and skills. In the simulation-supported training process, by creating the opportunities to repeat until the right thing is done, reducing false applications in real life and improving safe patient care is provided.

It is known that the changes in the health care system and the education system, the growth of medical information, the increase in the importance of patient safety are the causes for this situation. When it comes to post-graduate process, offering long and costly orientation programs to professionals is a luxury for the employers' institutions, but it's expected from new graduates to move into their treatment, care and practicing roles independently and quickly.

Cost-effective, effective and innovative education and training methods are needed to prepare health professionals to deliver safe and effective care in a real clinical environment. The use of clinical experience and other training methods in
combination with clinical simulation is considered a powerful method to achieve this goal. However, there are also problems that have to be overcome by institutions that adopt the simulation application, which is considered as a new educational strategy.

In this presentation, it will be discussed the essentials in the process from basic models that is used during years in skill training of healthcare professionals to high fidelity simulators and virtual reality.
Attention Deficit Hyperactivity Disorder (ADHD) is one of the most common neurocognitive disorders that causes failure at school and work. Its incidence is %5 and has male predominance. The characteristics of ADHD are attention deficiency, hyperactivity, and impulsiveness. Attention deficiency reveals itself as difficulty in focusing and maintaining working. Hyperactivity may be expressed as fidgeting, inability to relax, as restlessness or being unable to sit still for longer periods while. Impulsiveness reveals itself as hasty decisions that may cause dangerous consequences, and willing to get reward immediately. School failure, difficulty in working, forgetfulness, impatience, recurrent mistaking and injuries are the main signs. Several inattentive or hyperactive-impulsive symptoms are present in two or more settings (e.g., at home, school, or work), for exact diagnose therefore anamnesis from both teachers and parents are valuable. ADHD is diagnosed by clinically; anamnesis and psychiatric examination are key features. According to DSM V, 6 or more than 9 of the criteria of inattention, and 6 or more criteria than 9 of the criteria of hyperactivity/impulsiveness should have been reported in a child. The underlying etiology has not been cleared yet. Genetic and environmental factors are both contribute to ADHD. The studies has showed dopaminergic and noradrenergic system imbalance in ADHD. Optimal dopamine and noradrenalin levels are necessary for executive functioning in prefrontal cortex. Therefore, stimulants effecting on dopamine and noradrenalin, and atomoksetin effecting on noradrenalin carrier proteins are the first line medical drugs in ADHD.
POSTER PRESENTATIONS
PP-1 Quality of Life in Female Patients with Stress Urinary Incontinence: Qualitative Study

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The aim of the study was to assess the quality of life qualitatively in female patients with stress urinary incontinence. Materials and methods: The study was a qualitative study and conducted in one of the research and practice hospital in Turkey. 20 women with stress urinary incontinence were included in the study. This study was conducted between December 2016 and July 2017. Each participant was informed about the study and oral and written approvals were received from those who accepted the study. The data of the study were collected using face-to-face in-depth interview method and pre-formed interview form. The average duration of the conversation lasted 10-15 minutes. Results: As a result, most of the women with stress urinary incontinence, especially social and sexual life, have been negatively affected. Most of the patients are embarrassed to express this complaint. Most women carry spare clothes and they do not want to go out with fear of urinary incontinence. Conclusion: Stress urinary incontinence has been negatively impacted by the quality of life of women.
Chronic pelvic pain (CPP) in women is defined as chronic or persistent pain in the lower abdomen or pelvis lasting at least 6 months. In primary care, its annual prevalence is 38/1000 in women aged 15–73 years, a rate comparable to that of asthma and chronic back pain. In its differential diagnosis, several underlying factors and pathologies (causes or target conditions) have to be considered on initial presentation. Its management has remained a challenge for healthcare professionals, with nearly 55% of women with CPP having no obvious cause for their pain on laparoscopy. Health care policy now focuses on improving the quality of care for patients with long-term conditions and promotes a model of care whereby patients are encouraged to self-manage their condition, alongside medical management and support. Women with CPP, particularly where no organic cause has been identified to account for their symptoms might benefit from this approach which has been used in other, possibly similar conditions such as IBS. However, there is still a limited understanding about how practice nurses currently manage women with CPP in primary care. Many women who present with CPP are reported to be dissatisfied with current management and may disengage from seeking medical care despite ongoing symptoms. This client group is best supported by a multidisciplinary approach to symptom control that incorporates the skills of the gynecologist, physiotherapist, nurse, psychologist and pain management specialist. An alternative approach is suggested using current resources which provides patient education.
PP-3 Obesity and Overactive Bladder in Women
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Obesity are among the greatest contemporary health problems. Overactive bladder (OAB) is characterized by urgency, with or without urgency urinary incontinence, usually associated with increased daytime frequency and nocturia. Population-based studies estimated the prevalence of OAB to range from 9% to 43% in women. OAB the increased risk was significantly associated with obesity, smoking, and consumption of carbonated drinks, and the reduced risk was associated with higher consumption of vegetables, bread, and chicken. Therefore, obesity is considered a specific cause of OAB. Obesity occurs commonly in women with OAB and it has been proposed as a likely pathogenic process inviting neuronal, smooth muscle, and urethral dysfunction. The most probable mechanism of incontinence development among obese women is the increase of intra-abdominal pressure that causes weakening of pelvic floor muscles and fascia. In preventive treatments of OAB, pelvic muscle or aerobic exercise has been well-known to increase muscle strength and reduce incontinent urine loss. It has also been documented that weight loss leads to a significant reduction of the frequency and severity of urge incontinence episodes. Furthermore, regular physical exercise is based on the idea of strengthening the muscles involved in keeping the urethra closed and the pelvic structures supported, particularly during periods of increased intra-abdominal pressure. Conclusive data comparing treatment efficacy of OAB pharmacotherapy in normal weight versus an obese patient population are not currently available.
Nursing is a professional health discipline that deals with individual and family health. Being professional requires having a number of values. Values are ideas that are the source of behavior and that help judge them. Professional values are the building blocks of nursing practices. Professional values of nursing; in nursing care, decisions affecting nursing practice, ethical development of the nurse, professional socialization. Professional nursing values have contributed greatly to the introduction of holistic care to the patient and to higher standards of nursing care. It also sheds light on the decision making stage in the realization of the aim and objectives of the nurse and the ethical dilemma. As a result; nurses should determine the attitudes and behaviors of healthy / sick individuals who have nursing values that determine professional and personal behaviors and should choose nursing approaches together with the individuals in the light of professional values and individual values.
PP-5  Do Pre-Operative Sleep Quality and Impaired Intolerance in Cardiovascular Patients Affect Post-Operative Recovery?

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The study was planned to observe the effects of pre-operative sleep and distress intolerance levels on post-operative of cardiovascular surgery patients. This is descriptive study. Approval was granted by the institutional ethics committee and informed consent for participation in the study was obtained for all the patients. The study included a total of 120 patients who underwent cardiovascular surgery and were the transferred to the ICU. Data were gathered from the demographic data form which was developed by the researchers, Pittsburgh Sleep Quality Index, Insomnia severity Index and distress intolerance index, and applied through face to face interviews with the patients. The multivariate analysis of variance were used in the analysis of the data. The study included 120 patients, comprising 82 (%68,3) males and 38 (%31,7) females. According to PUKI, 77,5% of patients have a poor sleep quality. Those with good sleep quality were found to have a lower total score (37,630) > = 5 poor sleep quality than the total score (31,731) of the Distress intolerance index. According to the Pittsburg Sleep Quality Index, as the sleep quality decreases, the ICU stay time is increasing (23.8%, p = 0.009 < 0.05). Compared to normal population, cardiovascular surgical patients have higher levels of poor sleep quality and distressing intolerance. We found a positive correlation between impaired sleep quality and distress.
PP-6 Investigation of Effective Variables in Diabetic Persons' Compliance of Exercise and Diet

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This study was planned to determine compliance and effective variables with diet and exercise for individuals with Type 2 Diabetes Mellitus.

Descriptive study universe constitutes a population of volunteer Type 2 Diabetes Mellitus (N = 192) who refer to a hospital in İzmir. Sample selection was not conducted and data were collected face to face with the patients. In the study, data were analyzed by descriptive statistics, chi-square, kolmogorov smirnov z and fisher exact chi-square test.

The average age of the participants was 57.3±12.8(32-86) and the majority were female (68.8%). The compliance of individuals with their diets was evaluated in terms of sociodemographic characteristics, duration of illness, diabetes mellitus status, treatment type, body mass index, nutritional education type, duration of meals, recommended meals and snack meals, were not affected by nutrients (P > .05). Exercise type, duration of exercise, and exercise are the most important factors in the compliance of individuals with their diets, such as alcohol intake, frequency of alcohol use, smoking status, daily cigarette consumption (P > .05). There was a significant difference between the level of education and routine control of the individual and compliance with the diet (x²=6.585, P<0.05). There was a statistically significant difference (x²=11.795, P<0.05) between the dieting compliance and the compliance with the exercises suggested by the individuals.

It has been seen that most of the individuals have met their diets but the rates of exercise by the individuals are low.
PP-7 The Nursing Students' Healthy Life Style
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This study was conducted to evaluate the healthy lifestyle behaviors of nursing students. Materials and Methods: The study was conducted as a descriptive study with nursing first year students. 89 students were volunteered for the study. Sociodemographic characteristics and healthy lifestyle behaviors were collected using scale. The Turkish scale validated by Esin (1999) is a 6-dimensional and 4-likert structure. For the entire scale, the lowest score is 48 and the highest score is 192. The data were analyzed by number, percentage, regression, t test. The total score of the scale was 117,09±18 (72-153). Health responsibilities 17,31±4,4 (9-28), physical activity 10,4±2,6 (5-18), nutrition 5,9±1,6(3-8), self-actualization 38,6±6,3 (22-50), interpersonal support 17±3,8 (8-26) and stress management 26,9±4.6 (16-38). Healthy lifestyle behaviors were affected by the health perception variable (p<.05) and were not affected by chronic illness, regular medication use, smoking, diet and regular exercise (p>.05). Conclusion: It can be said that the health promotion behaviors of the students are at a good level. The effects of the theoretical course are limited in order to improve health on nursing students. Nurse educators and researchers can apply different initiatives using different training methods.
Textbooks are the most important tools used in school-based health education programs. The aim of this study was to evaluate the quantity of health issues and messages in 43 primary school textbooks in Turkey in 2015-16 educational year. The books reached from the web page of the Ministry of National Education were analyzed in the light of 9 themes via descriptive analysis method by two researchers. Data collected by ticking the standard form were analyzed via descriptive statistics. The themes involved in the textbooks were development of personal health and well-being (11.45%), recognition of body (9.47%), promoting safety (5.24%), promoting healthy nutrition (2.85%), prevention the use of smoking, alcohol and drugs (.51%), and promoting physical activity (.27%) respectively. Nevertheless, themes such as the development of emotional health, the improvement of sexual health and prevention of violence were not included in these textbooks. When the intensity of themes were analysed, it was found out that they took place in textbooks the most in the 5th grade (6.77%), and the least in 8th grade (2.26%). It was concluded that textbooks should include more issues such as developing emotional health, improving sexual health and preventing violence. This study is thought to provide data to authors of textbooks, curriculum developers and professionals who will provide health education in schools.
PP-9 Herbal Galactagogues Effective in Breast Milk Production: Literature Review
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Published high evidence level literature scanned with the aim of studying effective herbal galactagogues. The Turkish Medical Index and Google Academic databases have been scanned in English and Turkish using galactagogues OR galactagogues OR galaktogog WITH experimental OR randomised keywords. 15 experimental studies that fit the purpose of study, published between January 2000 and October 2017, and full text reachable were included in the study. Effective herbal galactagogues in 9 studies conducted with women are mix containing fenugreek and garlic (Srinivas, 2014), palm dates and fenugreek (Sakka, 2014), herbal tea with fenugreek (Sakka, 2014; Türkyılmaz, 2011), Asparagus racemosus Willd (Gupta & Shaw 2011), silymarin (silybum marianum) (Di Pierro, 2008; Mohammed, 2014; Peila, 2015), ginger (Paritakul, 2016), Silymarin-phosphatidylserine and galega (Zecca, 2016) In 6 studies with rats, effective galactagogues are Musa x paradisiaca flower (Mahmood, 2012), Nigella sativa Seeds (Al-Snafi, 2014; Hosseinzadeh, 2013), Pimpinella anisum l. (Hosseinzadeh, 2014), grape seed (Vitis vinifera) (Al-Snafi, 2015), Acacia nilotica (Lompo-Ouedraogo, 2004), Guiera senegalensis bitkisinin (Sani, 2017). Along with many limitations in the investigations examined, research shows that herbal galactagogues are safe and effective in increasing the amount of milk. The study is important for health professionals working in this area and for mothers to see and be aware of effective galactagogues in a wide range of contexts.
PP-10 Attitude and Views of Turkish health care professionals Regarding Organ Transplantation: Literature Review

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The number of patients waiting for organ donation in Turkey is increasing, but the number of organ donors is insufficient. It is reported that lack of knowledge, negative attitude, lack of confidence, family support and religious beliefs related to organ transplantation and brain death are important determinants of the inadequacy of the donation. Determining the attitudes, opinions and influencing factors of the health care professionals regarding organ transplantation is important in increasing the organ donation rate.

The purpose of this literature review is to determine the attitudes and views of the Turkish health care professionals regarding organ donation.

Literature was scanned using keywords "organ transplantation", "attitude", "view", "Turkey" “health care professionals" in CINAHL, SCIENCE DIRECT, PUBMED, GOOGLE ACADEMIC search engines and 11 studies were included in the study according to the criteria.

As a result of the literature review, it was determined that participants had a positive attitude towards organ transplantation and they were willing to donate own and their relatives organs after death, but the proportion of individuals who donated organs was very low.

In the literature review, it has been determined that health care professionals in our country have a positive attitude towards organ transplantation but are inadequate about organ donation.
PP-11 Positive Mental Health for Adolescents

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It is known that the adolescence period, known as transition from childhood to adulthood, is a more problematic period than other periods of life, and that mental health bases are also introduced during the first years of childhood and adolescence. In this period they began to build the mental health of adolescents self-awareness, interpersonal relationships, learning moral values, and collective harmony. When this role is fulfilled, family and role conflicts arise, and the adolescents think that their behavior is not understood. The World Health Organization (2005) states that mental health problems are widespread in this period and that only 10-15% of young people receive help from health services while others try to solve their problems on their own. Young people spend their energy with harmful life experiences (alcohol substance use, suicide attempt, etc.) in this period negatively affect positive mental health. Expenditure of the energy of the adolescents for activities aimed at a certain purpose (sports, music, etc.) will help to protect their mental health as well as their physical health. It is important that the protection of the mental health of young people, the development of interpersonal relations, cope with the problems encountered and the passage of a healthy, happy adult period. In this regard, parents, teachers should be informed and positive mental health policies should be established.
The Effect Of Culture On Pain Symptoms

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Pain is a subjective experience that is always person-specific, even if there is a certain reason for it to occur. Because pain is a psychological, social, gender and spiritual experience as much as physiological. This characteristic of pain makes culture important both in the emergence and treatment of symptoms. Because of culture is everything that affects a person’s life. Factors such as gender, religious beliefs, economic and geographical conditions in a society affect the perception of pain and therefore the symptoms of pain. Because of all this shapes people's feelings and behaviors. The members of some ethnic groups have a higher tolerance for pain than others and they can endure high levels of pain for a long time. For example Scandinavians are with a high tolerance to pain. Italians and other Mediterranean people are overreact to pain. It may be the Scandinavian countries are colder and durability is important. Same way in many cultures women are considered to be weaker and more sensitive than men. So men think if they show pain they will be perceived as weak. On the other hand for Christians pain suffering is seen and valued as a desirable discipline. Because of Chris endured pain and suffering. In this study, the effects of cultural factors on the symptoms of pain were compiled by searching literature in English and Turkish.
PP-13 Postoperative Delirium and Nursing Care

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Delirium is a word in Latin. It means ‘out of the way’. Delirium is an organic brain syndrome that occurs acutely, causing attention, memory, orientation, perception, psychomotor skills, and disruption of sleep patterns. Postoperative Delirium is; delirium signs appear after the operation. Post-operative mental deterioration has been a topic of interest for many years. However, it is usually a syndrome that can't be understood, is confused with other problems and misses the chance of early diagnosis. Postoperative delirium is quite common in individuals over 60 years of age. Recent research supports the fact that eye surgery, orthopedic surgeries and heart surgeries are quite common at the end of the day. Again, according to these studies, postoperative delirium is also associated with hypoxemia during perioperative anesthesia. The postoperative delirium manifestation may occur in the first 24 hours after surgery and may extend to a period of 2 months with duration of less than 1 week. Typically, the symptoms will disappear in 10-12 days. Symptoms may go silent and the diagnosis may be missed or confused with depression and dementia. For this reason, nurses who have the most time spent with the patient in the postoperative period should know delirium signs and risk factors very well. In this study, postoperative delirium indications and risk factors were compiled in the light of the literature. It is intended to lead especially to intensive care nurses. It is not a scale.
Multiple Sclerosis is an inflammatory disease of central nervous system that affects younger adults and causes disability. Its classification is based on its progressive pace and frequency of attacks: relapsing remitting, primary progressive, secondary progressive, relapsing progressive, benign progressive. It is diagnosed through physical treatment, BOS examination, magnetic resonance imaging and adaptive tests. The goal of treatment is to reduce the frequency of attacks and prevent disability. Symptoms and findings vary according to the infected zone and each attack of the same patient. Approximately 50 to 90% of patients suffer from fatigue. Depression, extreme exercise, spasticity, weight, age, stress, infection, sleeping problems and administered drugs aggrevate fatigue problem influence the patient’s social affairs and cognitive-physical functions. Nurses must inform the patient and the family on identifying fatigue level and planning activities. More than 90 % of patients suffer bladder storage/excretion problems due to lesions on miction control zone of pons and spinal cord. The purpose of nursing is to maintain usual miction function, sustain renal functions, prevent infection and enhance life quality. In the cases of sexual problems seen between 50-90% of patients, training programs should be planned and the patients who have body image problems should be supported to express their feelings. 

Keywords: fatigue, multiple sclerosis, sexuality, bladder disorders, nursing management
PP-15 Attitudes of First-Year Nursing Students to Nurses in Caregiving Roles and Associated Factors

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This study aims to determine attitudes of first-year nursing students to nurses in caregiving roles and associated factors. The study population of this descriptive study consisted of 91 first-year students at the nursing department of a health school, Turkey, in the spring semester of the 2017-2018 academic year. A questionnaire developed by the researchers and “Attitude Scale for Nurses in Caregiving Roles ( ASNCR)” were used for data collection. Data were analyzed by percentage, average, ANOVA, student-t test in SPSS 16.0 program. Age average of the students was 18.82 ± 1.34, 71.4% of the participants were female and 78 % of them chose nursing willingly. The mean score of students taken in ASNCR was 4.00 ± 0.48. A statistically significant difference was found between students’ gender, willingness in choosing the nursing department and the total score in the ASNCR (p< .05).

We have determined that attitudes of first-year nursing students to nurses in caregiving roles were good; choosing the profession willingly and gender influenced their attitudes towards nurses’ caring roles. Nursing students should be supported by educators to make them know the profession and providing practices regarding continuity of positive caring behaviors of the students during nursing education are recommended. Key words: Nurse, nursing student, caregiver role.
PP-16 Relationship between Personal Values and Profession Selection of First-Year Nursing Students

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The ability of people to succeed in their profession depends on their willingness to choose their profession, their personal characteristics, and their professional values. The aim of this study was to evaluate the personal values and profession choice of the first class nursing students and to examine the relation in-between. The study was conducted with 227 students in the first year of nursing department of a state university after received the necessary ethics committee approval. The data of the research were collected by using survey form, “Choice of Profession in Nursing Scale” and “Hierarchy of Values Scale”. The students’ mean age was 18.5±0.8 years and %76.7% were female. According to the Hierarchy of Values Scale, it was found that the students accepted the moral values as the first order (30.9%), the religious values as the second order (16.3%) and the aesthetic values as the third order (14.5%). It was found that the students’ mean the Choice of Profession in Nursing Scale’s profession suitability subscale mean score was 6.53±1.82 and their mean score on the vital reasons subscale was 4.45±1.72. The scores of professional suitability subscale of the students who had chosen the nursing profession willingly and was female were higher.
Determining the Level of Knowledge of Nurses Working at Intensive Care Units on the Prevention of Ventilator-Associated Pneumonia Infections

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The aim of this study was determining the knowledge level of nurses working in intensive care units (ICU) of an education and research hospital on preventing ventilator-associated pneumonia (VAP) infections. Method: Research population consisted of 94 nurses working in 7 ICUs. The survey consisted of 4 sections and 17 questions. 3 points were awarded to each correct answer, and highest score was 51. The data was evaluated in the SPSS 22.0 software. Findings: The average age of the participants was 26.29±2.70, 78.7% were female, 64.9% held a bachelor’s degree, 28.7% worked in adult intensive care units, 25.5% worked in newborn intensive care units. 53.2% had 1-5 years working experience. 28.7% had intensive care unit certificate, 75.3% had infection control committee training. Knowledge level average was 47.31±2.70. There was a significant difference between the scores and the education level, age, and occupational working years (p<0.05). The nurses were evaluated according to intensive care unit, infection control committee training, and intensive care unit certificate, and a significant difference was found (p<0.05). Results: Knowledge level of working nurses on preventing VAP infections was high. Knowledge level increased with age and working years. Nurses with ICU certificate/infection control committee training got higher scores.
PP-18 Myocardial Infarction (MI) and Nursing Care
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MI is a medical emergency characterized by severe or complete blockage of blood flow to a particular region of the myocardium, requiring a prompt intervention. The primary goal of nursing care in MI is to limit the area of infarction and prevent ischemia. The nurse is responsible for family education against the risk of recurrence of MI, and monitoring of vital signs, O2 and drug treatment. The nurse plans for the following diagnoses and applies interventions: pain resulting from inadequate myocardial perfusion due to O2 insufficiency in myocardium; impaired gas exchange due to hydration resulting from left ventricular dysfunction, and deterioration of peripheral tissue perfusion due to reduction in cardiac outflow; anxiety due to fear of death; risk of constipation due to rest, medication and diet; risk of trauma/bleeding due to thrombolytic therapy; reduction in cardiac outflow due to myocardial change; deterioration of sleep pattern due to pain and anxiety; lack of information about MI treatment, care, recovery and discharge; risk of skin integrity deterioration due to bed rest and inadequate tissue perfusion; nutrition changes due to diet; and ineffective individual coping with acute illness and life change. It is life-saving that the nurse is educated, experienced, and knowledgeable in immediate application of early MI diagnosis and effective cardio-pulmonary resuscitation, medical treatment and appropriate nursing interventions.
This systematic review was conducted by investigating comparative studies of behavioral pain scales used for pain assessment in intensive care units to determine the studies of high validity, reliability and feasibility, and to guide intensive care nurses and other health professionals.

In order to reach the related researches, archives of "PubMed, Science Direct, Ebscohost, Cochrane Library, Joanna Briggs Institute, Ulakbim Medical Database, Turkish Medline and YÖK Thesis" databases were used.

It was determined that the Critical Care Pain Observation Tool (CPOT) and Behavioral Pain Scale (BPS) scales were more widely used in 11 evaluated studies. CPOT scale was used in 9 studies and the reliability of CPOT was found high in 7 of these studies.

As a result of the review, it was observed that the use of behavioral pain scales was important, the CPOT scale was the most examined scale but the validity and reliability levels of the other scales included in the research were high, too. In this direction; it is suggested that patients should be diagnosed with pain by choosing the behavioral pain scale which is appropriate for the patient group who are cared for, useful in the clinical setting, valid and reliable. Key Words: Pain, Scale, Intensive care nursing
Beliefs, attitudes, and health perception have important effects on the formation, application and change of individuals’ health behaviors. In this study, we aim to investigate the health perception and healthy lifestyle behaviors of textile factory workers. Methods: This descriptive and cross-sectional study is applied during 02.10-20.10.2017. 128 workers at a textile factory in Ordu (Turkey) participated in the study. During data collection, a questionnaire form with questions on socio-demographic characteristics, health perception scale and healthy lifestyle behaviors scale (HLBS) are used. Scores from the health perception scale are within 15-75 range. The lowest HLBS score is 52 and the largest score is 208. For data assessment; frequency, percentage, Chi-square test and t-test in independent samples are used. Findings: Mean age of workers is 32.7±8.2. 75% of them are female, 30% of them are primary school graduates, and 63% of them are married. 48.5% of them are smokers. Smokers are significantly higher among males (P<0.01). 90% of them do not practice regular physical exercise and 12.3% of them have chronic diseases. Mean health perception score is 48.1±7.6 and is at medium level. Mean HLBS score of the participants is 128.9±26.6. HLBS scores of the workers who stated to care about their health are significantly higher (P<0.05). Conclusion: Health perception and HLBS scores are at medium level but the percentage of smokers is high and that of physical exercise is low. Workers should be trained to increase health awareness and healthy lifestyle behaviors.
Public health surveillance systems generally use formal medical reports. Recently, information sources like news portals, Web queries to search engines, and social media content have started to be used by these systems. In this paper, we present a survey of public health surveillance on the Web. Up-to-date public health related information can be extracted automatically from several Web sites. These Web sources include (i) news portals, (ii) search engine query logs, (iii) posts published at social media sites like Twitter. In different studies, one or a combination of these information sources are used to monitor public health issues. Some studies combine these Web sources with formal medical data to improve their performance. Related studies usually target at the following: (i) a single disease type like influenza or Dengue fever, (ii) other related phenomenon like tobacco use, (iii) an epidemic or pandemic, and (iv) all public health related issues, among others. The studies can also be classified into two groups as follows: in the first group, experiments for the classification of the input text as related to public health or not are described, while in the second group, operational Web-based public health surveillance systems are presented. Public health surveillance is one of the fundamental research issues and the digital content available on the Web is a plausible source for this surveillance. Our survey will serve as a significant resource for this considerably recent and fruitful research area of public health.
PP-22 Comparison of Clock Drawing Test Scores According To Alzheimer Phases of Patients

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Turkey Alzheimer disease (AH) is a progressive degenerative disease that occurs in various parts of central nervous system due to loss of neurons and synapsis and affects memory, speech and feelings. Clock drawing test (CDT) evaluates visual-spatial and executive functions. The goal of the study is to assess the CDT scores according to phases of Alzheimer disease. The study has a retrospective design and involves the assessment of clock drawings of 35 Alzheimer patients who applied to neurology clinic of a university hospital between August, 2015 and March, 2017. The scoring method developed by Shulman et al. was used for the study. Patients were asked to place hour and minute hands on an empty circle to show 10 past 11. Scores were between 0 and 5. Frequency, mean and standard deviation were calculated for data analysis. Age average of patients was 72.14 ±6.93 and 51.4 % were male. 17.1 % (n=6) were at Phase 1, 40 % (n=14) at Phase 2 and 42.9 % (n=15) at Phase 3. After assessing CDT scores according to phases, it was found that Phase 1 patients scored 3.33±1.21, Phase 2 patients 2.42±1.15 and Phase 3 patients 0.60±1.05. Study results showed that later phases of Alzheimer indicated lower CDT scores and a deterioration in cognitive conditions of patients. CDT takes very little time and is important in diagnosis of cognitive impairment as it gives general data on intellectual and perceptive skills of patients. It is recommended with other neuro-pscyhometry tests for diagnosis.
PP-23 The Relationship Between Social Media Use And Sleep Quality In University Students

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Objective: We aimed to evaluate the effect of social media usage and sleep quality in university students. Design: A prospective study. Methods: 204 university students were included in the study. Sociodemographic information and lifestyles of students were questioned. The Social Media Use Integration Scale (SMUIS) and The Pittsburgh Sleep Quality Index (PSQI) was used. Results: There was no significant relationship between PSQI and SMUIS scales, as the use of SM in our study increased the tendency to decrease sleep quality. The final effect of using SM on sleep is debatable. With the more controlled use of SM, positive effects on young people should be supported. Conclusions: We saw that young people see SM as an integral part of everyday life. SM can encourage technology to integrate effectively into a variety of educational settings. It is becoming increasingly widespread that young people may be able to use SM in a way that facilitates a much harder educational environment or as a means of learning the bases of their functioning. It can offer different learning options while influencing social relationships, including friendships. If the SM usage times and hours are still planned, it can prevent young people from negatively influencing sleep quality.
Cancer, which is the first cause of death in the world and the second cause of death in our country, is one of the basic health problems of the 21st century. Cancer, which is a life threatening disease increasingly seen each day in the whole world, causes anxieties about being able to continue and maintain work, emotional difficulties, important changes in life roles and responsibilities, and many psychosocial problems such as spiritual problems, shock, denial, hopelessness, anger, helplessness, bargain, acceptance and rage due to short and long terms side effects, limited functionality and many other factors. In terms of providing an integrative approach in cancer, the concept of hope appears us. Hope, as a factor which helps the individual to cope with difficult and stressful situations such as insufficiency, deprivation, distress and pain and which gives strength to the individual, positively influences spiritual health, supports positive perspective and well being, increases life quality, supports the individual psychologically and physiologically to adapt to the future, enables the individual to be interested in the future and in his life and find meaning in life. According to studies conducted; It is known that patients with high levels of hope cope better with pain, have better moods, have goals about life and show more determination and motivation to reach these goals. In addition, these individuals have been found to have less negative moods and less self-destructive cognitive characteristics.
The changes of our day and the duties, authority and the responsibilities they have undertaken have necessitated nurses to become educators and have caused their educator role to come to the forefront among their basic roles. While nurses aim to maintain and improve the health level of the individual, family and the society and to protect in primary care level, they aim to make the patient get healthy as soon as possible by using his potential in the secondary care level. With the education given in the tertiary care level, nurses aim to keep the effects resulting from diseases or insufficiencies in the lowest level possible. When the literature about the education given by nurses is examined; it has been recorded that education had positive contributions in mother’s baby-care, decreased pre-op anxiety and post-op pain significantly, patients’ mouth and teeth health was positively influenced and canker sores decreased, increased women’s level of information about breast and cervical cancer, caused less complications in amputee and prosthesis using individuals and increased their life quality, caused significant decreases in the HbA1C and glucose levels of diabetes patients and patient centered education videos provided good quality intestine preparation and decreased the rate of repeating the examination. As can be understood from the results of the research, nurses who have significant roles and activities in health education are health professionals who have a key position in creating a healthy society.
PP-26 The Relationship Between Self-Care Agency and Quality of Life in Hemodialysis Patients

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This study is applied as descriptive of hemodialysis patients and to evaluate the relationship between self-care agency and life quality. The sample consisted of 149 hemodialysis patients with hemodialysis treatment in four hemodialysis centers between 01.11.2015-18.03.2016. The data has been gathered by using Introducing Features Information Form, Self-Care Agency Scale and The MOS 36 item Short Form Health Survey SF-36. The average age of sample group is 64.99±11.08. The average of total points of Self-Care Agency Scale is calculated as 30.18±5.27. It is found that the total point average of Physical Health in Life Quality Scale is 55.01±8.42 and the average of total point of Mental Health is 61.52±10.96. It is noticed that there is a statistically significant and positive relationship between self agency and life quality of patients (p<0.05).
PP-27 Cardiovascular Risk Management in Patients with Diabetes and Nurses’ Role
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Diabetes is an important public health problem with an increasing incidence and prevalence all over the world. According to 2015 data of International Diabetes Federation, there were 415 million adult diabetic patients aged 20-79 years and it is estimated that this number will be 642 million in 2040. Diabetes is a chronic disease affecting many organs and systems every aspect of an individual’s life and, reducing the life span by 5-10 years. Patients with diabetes are 2-3 times higher risk of developing cardiovascular disease than non-diabetics. In these patients, high blood pressure, high cholesterol, high blood glucose and other risk factors increase the incidence of cardiovascular complications. Diabetes education is an important role in the prevention of diabetes-related complications. Diabetic education is among the basic duties of nurses. Nurses in the health care team have important responsibilities in the prevention of cardiovascular or other chronic diseases, in delaying the onset of the disease in risky individuals and in decreasing the possible complications in the society to raise awareness, educate individuals. Diabetes education and support of patients are the main themes for the successful diabetes management. In this review will be discussed to assess the role of the nurse in managing cardiovascular risk in diabetic individuals.
PP-28 The Adaptation of Chronic Heart Failure Patients to Medicine and Diet and Their Life Qualities

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This study was applied as a descriptive cross sectional study in order to indicate the factors affecting chronic heart failure patients’ adaptation to medicine and diet and to evaluate the relationship between adaptation and life quality. The research has been executed in Education Research Hospital Cardiology Unit in Trakya province between 19.10.15 and 19.01.16. 318 chronic heart failure patients composed the sample. The data of study was gathered by using Introducing Features Information Form, The Beliefs about Fidelity Integration Scale, Beliefs about Diet Compliance Scale and Life Quality Scale. The age average of sample group was 64,99±11,08. The mean score of the beliefs scale about adaptation of medicine and diet was high (p<0,05) in males and patients whose illness had a negative effect on their working life. In addition, the average scores of the Beliefs about Diet Compliance Scale of patients who were educated about heart failure and management, who had sufficient knowledge about illnesses, drugs and side effects and who regularly use their medicines were found high (p<0,05). It was determined that there is a very weak relationship in a meaningful and negative way between the patient's Diet Adaptation Scale barrier subscale, and the Diet fit and the Quality of Life Scales subscales. It was also determined that there is a weak relationship in a negative way between The subscales of Medicine Adaptation scales of the patients and Life quality scales.
PP-29 Antiphospholipid Syndrome Related Massive Pulmonary Embolism through the Eyes of a Healthcare Professional Who Survived Death: A Case Study
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Although the life-threatening and requiring lifelong treatment diseases, such as antiphospholipid syndrome and pulmonary embolism, can cause trauma and stress at the acute stage, they may be also seen as an opportunity or second chance by some patients. They require emotional care and effective communication rather than medical care in the long term; but this is often overlooked in practice. In this study, perspective of the person being both patient and healthcare professional, who encounters some communication related problems with medical staff during her antiphospholipid syndrome related massive pulmonary embolism experience, is presented. It is aimed to increase the healthcare professionals’ awareness regarding supporting the patients in order to help them to cope with the illness, overcome this traumatic process and grow stronger. Thus, in addition to ensuring recovery in a shorter period and positive effects in treatment and care results; psychological problems, which might appear in the long term, can also be prevented. Key Words: Antiphospholipid syndrome, pulmonary embolism, health psychology.
PP-30 Hand Hygiene Practices and Opinions of Nurses about Hand Hygiene

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The study aimed to identify nurses' hand hygiene practice and opinions of hand washing behaviors during routine care. Method: This study is a descriptive and observational research. The nurses (n = 63) were asked about their views on hand hygiene habits. Recommended indications for hand-washing were observed. Nurses' hand hygiene compliance and hand washing behaviors were observed. Results: Nurses reported to wash their hands frequently ("often" or "always") during routine patient care in the hospital setting. Most of the sample stated to wash the hands before aseptic procedures "frequently" (49.2%) or "always" (44.4%). Only 4.8% of the nurses reported that they washed their hands "sometimes" before aseptic procedures. Nearly half of sample (47.6%) stated to use water and antiseptic soap for hand cleaning. Only 4.8% of nurses rubbed their hands using antiseptic solution and only 17.5% admitted to using only water for hand hygiene. Thirty percent (30.2%) of nurses reported to using water and soap. Researchers observed a total of 703 hand-washing indications. Of the 703 hand-washing indications, only 39.3% (n = 276) of cases performed proper hand hygiene. Unlike the nurses' self-reports on hand washing behaviors, hand hygiene compliance rates ranged from 0 to 2.3%. Hand washing behaviors mostly were not performed (64.1%) using proper techniques. Only 2.2% of cases washed their hands using proper technique. Conclusion: The research results reveal the need for improving the nurses' attitudes for hand washing practices, and increasing hygienic hand washing compliance rates.
PP-31 Where Are We on Stomatherapy Nursing?
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The aim of this study is to compare the educational and implementation opportunities of stomatherapy nursing as well as its service features in our country with that of the world. Stomatherapy nursing the first scientific activities started in our country in 1995, the professional courses started only in 2001 and mission, authority and responsibilities were identifying through Nursing Directive, which was put into effect in 2011. First occupational association of stomatherapy nursing was founded in 1968. In many countries are professional certificate programs supported. In our country in order to train stomatherapy nurses, course and certificate programs are being offered by YOIHD and Ministry of Health. Only through a qualified nursing care it is possible for the patients to adopt themselves to the life with stoma, to recognise the changes in their body images and to deal with the possible problems caused by stoma. Considering the fact that it would shorten the way to reaching the world standards in stomatherapy nursing, individuals, who have the educational background in the field of stomatherapy nursing, should be employed in suitable branches. The number of the stomatherapy units and the nurses, who are going to provide service in those units, and also the number and the variety of the training programs in the field should be increased.
PP-32 Results of Cervix, Colorectal and Breast Cancer Screening for Tekirdağ Süleymanpaşa Cancer Early Diagnosis Screening and Training Center

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This study was conducted to evaluate the findings obtained from Tekirdağ Süleymanpaşa Cancer Early Diagnosis, Screening and Training Center (KETEM) between 01 March 2017-31 August 2017 and HPV + Pap Smear, breast examination, mammography and fecal occult blood test (GGK) examinations carried out. A screening of 2233 individuals between 30-70 years of age who were sexually active for colorectal, cervical and breast cancer screening was applied to KETEM. Routine mammograms for women aged 40-69 years, routine smear + HPV for women aged 30-65 years, 2200 women aged 50-70 years, and routine GGK were screened. Result Eight patients (0.53%) with BI-RADS 4 and two patients (0.13%) with BI-RADS 5 were identified after the mammograms of 1499 women who applied to the institution. HPV test was detected positively in 57 of 977 HPV + pap-smears collected from females. In colorectal cancer screenings (GGK), a total of 2200 people, 734 male and 1466 female, were screened. GGK (+) was detected in 23 patients. Conclusion Screening programs for cervical, rectal and breast cancers provide early diagnosis for many patients. The spread of KETEMs and the fact that many people are screened thanks to their effective work put emphasis on these institutions.
In the study, it was aimed to convey concerns about the profession defined by the nursing students studying at three universities of Marmara region. 24 students (two in each class) who agreed to participate were chosen by means of purposive sampling technique for the qualitative design study. The data was collected with an individual information form and a semi-structured interview form (difficulty of the profession, positive / negative feelings about working as a nurse, reflections on private, social and family life, problems with working life and coping methods). The semi-structured interview was conducted over the telephone with participants. Interviews were recorded, written and analyzed thematically. The average age of the students was 20.2, 67.7% were female, 58.3% were Anatolian High School graduates, 33.3% continued to live in the city, 70.8% preferred nursing department at their first choice and 70.8% voluntarily selected nursing. 45.8% loved to help and 33.3% the opportunities while finding a job were stated the reasons of choosing this profession nursing. Expression of concern were studied under the themes of 1 social isolation, 2 Occupational exposure, 3 difficult working conditions, 4 incompatibility within the team, 5 feelings of inadequacy, and 6 personal rights violations. Although majority of students chose this profession voluntarily, they have stated that they have worried about the themes of working life that were examined in this study. The study will contribute to the programs planned to cope with the concerns of the students and the nursing beginners.
Ageism is defined as a situation progressing to negative and prejudiced attitudes and behaviors towards old people. These situations include behaviors such as avoiding to spend time with the elderly and not wanting to communicate with them. In other words, it can also be interpreted as not trying to know the elderly and not trying to understand them. Ageism is influenced by the empathy levels of the young towards the old, the feelings of gratitude they develop towards the elderly who are their reason for being and the anxiety of old age that is created in them when they see the elderly. Negative attitudes of the society towards old people and aging influence the quality of health services offered to old people. Negative prejudices, values, beliefs and attitudes of the related nurses towards old people also reflect the quality of care given. Thus, it is extremely important to attract the attention of the related nurses to old age and aging, to increase their awareness on the issue and to try to help them develop positive attitudes. The society needs the guidance of nurses to be able to gain an equalitarian perspective towards ageism and to be able to develop their own thoughts, behaviors and attitudes. Developing more positive, respectful and tolerant attitudes and behaviors towards old age and aging will help nurses to offer better service to old people in their professional life.
Cope with the Mental Problems in Seasonal Transitions

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Seasonal transitions are known to have effects on mental health. Especially when passing from autumn to winter, complaints such as negative emotions, decreased motivation, drowsiness, fatigue, reluctance are emerging in many people. These complaints affect the daily lives of individuals at an important level and if not prevented, it may trigger seasonal depression. Nurses are responsible for preventive health care as much as they are responsible for therapeutic services. Nurses should inform individuals and encourage individuals to develop self-help strategies and create lifestyle changes. Individuals coping with mental conditions that may occur in seasonal transition; take a short walk in the open air at noon to be able to take advantage of the natural sunlight and increase the energy level as much as possible, be aware of the brightening of the home environment or working environment, when standing in an enclosed environment, stay as far away from negative thoughts and stressful environments as possible, applying relaxation exercises in stressful situations and ensuring body relaxation, creating a sleep configuration, talking with family or close friends about the changes in feelings, do not hobble in free time, increasing social relations, postponing work that is not enjoyable to doing and can be postponed until spring, proposals should be made to increase the consumption of fresh vegetables and fruits with vitamin D and to pay attention to healthy, balanced nutrition.
PP-36 Evaluation of The Natural Additive Spirulina platensis on Life Quality

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Nowadays, increasing world populations, economic conditions and diminishing of agricultural resources have shown the importance of quality of life as well as the alteration of nutrition strategies. The incidence of certain metabolic diseases such as obesity, coronary diseases, hypertension and hypercholesterolemia may also be associated with these changes. In this sense, the nutritious is inevitable for a healthy quality of life, protection from metabolic diseases and regulation of physiological functions. In recent years, interest in natural additives, especially the algae has a reliable consumption from the old days to now. Spirulina platensis, which contains protein, vitamins and minerals as well as special structures such as phycocyanin, beta carotene and polisaccharides, has a great interest in the science community. Besides its effects on life quality, the researchers also study on the effects of S.platensis on antioxidant, anticancerogenic, cholesterol and glucose metabolism. Thereby, S.platensis is considered to be an alternative natural additive for both a nutritional and supporting for treatment of diseases. In this review, it is aimed to evaluate the effects of S.platensis on the quality of life, how to use for supportive treatment in metabolic diseases and the studies. This study is supported by Scientific Activities Support Program of Namik Kemal University
Willingness of nurses to share their knowledge, experience and competence and listen to the families is defined as a pediatric nursing skill and LEARN model may be used in acquisition of this skill. Listen: Nurses must listen to all family members to learn about their family structure, culture, daily routine, family roles and relationship types, perceptions of health, cognitive perception style, behaviors, values and beliefs, communication, sexuality, stress coping and decision making mechanisms, expectations and establish effective interaction to verify similar and different knowledge in their own perspectives to different problems. Explain your perception as the nurse: Family role in child raising must be acknowledged, their strengths and choices must be supported, regular life patterns of the child must be developed in during illness and recovery process, life quality must be enhanced with a holistic approach to child and family. Acknowledge: Studies reveal that mothers who do not take part in child care and decision making processes are more likely to suffer anxiety and spend more energy to cope with stress, lose their sense of self-control and the presence of mothers in child-related action enhance service quality. Recommend Treatment: Treatment process and each child-related action must be shared with family and they must be informed about clinic routine and staff, setting an ideal hospital atmosphere for parents to take part in child care. Negotiate agreement: As representatives of the family, health staff help them for the issues of decision making, authority and competence
PP-38 Obesity And Nutrition Habits In University Youth: Can Be Exchangeable?
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Eating disorders is the manifestation of obesity induced overeating, refusal to eat, being a vegetarian or restriction of food supply due to some psychological reasons, eat of non-food items, ingestion of edible food immediately or irresistible night-time eating. Become a profession in the university and have the ideals of future orientation during adapt to a new school and environmental are lead many students to occur the social, psychological and health problems. Adequate and balanced nutrition is important for preventing these health problems. However, the spread of fast food habits in the age of university, increase in sedanter life due to decrease in physical activity and unbalanced diet cause obesity. Obesity causes diabetes, hypertension, dyslipidemia and cardiovascular diseases as well as threats health to a great extent. Both of diabetes and eating disorders lead to impaired metabolic control. The young people in university have disagreement the healthy nutiriton recommendations, and also consume the fruits, vegetables and whole grain foods fewer than processed and fast foods. Therefore, it’s known that they take many vitamins, minerals and fibers are inefficient, but get the salt and saturated fats very much. It is very important for young people who are at risk of obesity and chronic diseases to gain a healthy life style.
Many disasters are happening in the world and in our country. In order for disaster management to be successful, it is very important that all team members in the disaster management plan are aware of their duties and responsibilities. As emphasized by ICN, nurses have great responsibilities at every stage of disaster management. In many countries, disaster nursing trainings were included in nursing undergraduate curricula, graduate and doctoral programs were opened, and Disaster Nursing was accepted as special branch nursing. In Turkey, there is no special branch nursing called Disaster Nursing. Emergency Nursing and Public Health Nursing are mostly included in the subjects of other nursing fields. There are 138 nursing programs in 121 universities offering nursing education at undergraduate level in Turkey. When curriculums of these programs were searched, only 36 universities were given a specific lesson on disaster education, and their names and contents were found to be very different. All nurses should be prepared to care for people affected by disasters and should be aware of their role in the disaster process. For this reason, a standard disaster nursing education should be given to nurses during undergraduate education. In addition, masters and doctoral programs should be opened to provide disaster nursing special branch nursing.
As a result of the post-war migration, there are many risk factors that adversely affect the mental health of asylum seekers. We can list them in the following way; violence, rape, torture, detention, destruction, looting, child abduction, genocide, witnessing the injury and death of his / her relatives, deterioration of the network of family and social relations, uncertainty about the outcome of the migration, legal obstacles, housing problems, future anxiety, loss of social status, unemployment, anxiety about family members left behind, language and cultural problems. Psychological problems in asylum seekers are depression, anxiety, acute and post-traumatic stress disorder. Asylum seekers who are at risk for developing mental health problems regularly benefit from general health services but are not able to benefit from psychological support services, especially because of the language problem. For this reason, the responsibilities of psychiatric nurses are as follows; family system and social make-up, psychological first aid, evaluation of needs and resources, confidence building, psycho-educational and cognitive approach, relieving people by expressing their emotions and feelings, making them understand what they are feeling and feeling and making all family members must inform.
In the treatment of autistic children, there are many intervention methods directly related to children, family-centered, and family-child interaction. In this systematic review, the aim was to examine how Family-based intervention programs affected the development of children in autism, such as behavioral, social, communicative, and language skills. Reviews and Dissemination Center, developed by the National Research Institute of York University, 2009, have been guided. At the end of the survey, three studies were included in the study. Start arguing about the effects of interventions on your children's centers. Intervention models and practices should be discussed to achieve effective but expected development in areas such as IQ, language development, motor skills, daily activities, adaptive behavior, and reduction of symptoms of autism.
This study has been made with the aim to review theses on anxiety-preoccupation in the field of nursing at the databases of National Thesis Center of the Council of Higher Education. In the study, theses in the field of nursing at the databases of National Thesis Center of the Council of Higher Education were searched using "anxiety" and "preoccupation" keywords. The date range was determined as 2007-2017, and 198 theses, which were carried out in the last decade, were included. In the study, it was determined that 79.7% of the theses were master theses. It is seen that 61.3% of master's theses are descriptive type and 47.5% of doctoral thesis are experimental type. As the ratio of the theses that only relatives were identified as the study group or that included the relatives of the patients in the study group was 13.1%, 61.5% of them were descriptive types. The study results show that the anxiety of patient relatives, who are an indispensable part of these processes, directly witnessed the care and treatment processes keep in the background. In this direction, it is suggested not to ignore the anxiety level of the relatives of the patients and that more experimental studies should be done to decrease the anxiety level of the relatives of the patients.
Digital Games and Suicide
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The spread of digital technology has taken an important place in the lives of young people. In a study conducted by the Kaiser Foundation in the United States, young people between the ages of 8 and 18 spent about 7 hours a day in the digital media and 1.5 hours in entertainment games (Rideout, 2010). It is known that digital games affect young people cognitively, emotionally, and socially and lead to psychosocial problems such as social phobia, depression, suicide in young people (Gentile 2011). In recent times, the Blue Whale game, which eventually led to suicide by giving malicious tasks, including hurting their bodies, targeting young people for a period of 50 days, has become an extremely important problem all over the world (Wong et al., 2017). This game, produced in Russia, caused about 130 young people suicides in Russia while similar suicide cases were found in many countries such as India, America, England and Turkey (Nair, 2017). In the face of Blue Whales and similar games, parents have important duties. It may be advisable for young people to monitor their online activities, to share problems with young people and to inform their families about communicating correctly.
Determining the Experiences and Care Needs of the Patients Who Were Being Treated In Intensive Care Unit

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This study was planned in the purpose of determining the patients nursing care needs and examining the factors that effects intensive care experiences of total 107 patients who get treated in intensive care unit. Data were obtained by intensive care experience scale. It was found that the average age of the intensive care patients 62.07±11.4. It was determined that intensive care experience scale grand total point average of patients were 67.0±8.5. It was determined that intensive care experiences of male patients more positive to females, and patients who were 61 years and older more positive to 60 years and lower age, and single patients more positive to married patients (p<.05). It was found that intensive care experience of patients who stayed in intensive care between 1 - 5 days were more positive to the ones who stayed 6 days and more. It was determined that patients in the diagnosis of interventional cardiology group intensive care experiences point averages more positive to another disease diagnosis group, between 0 - 2 days full bedrest given patients' intensive care experiences point averages more positive to the ones' who were given 3 and more days rest (p<0.05). In the direction of this results negative experiences of during the admission to intensive care to decrease, considering the features which related to disease and personal, it is thought/is foreseen that planning and performing nursing care will contribute the level of recovery of intensive care patients.
PP-45 University Students' Views on Aging and Their Attitudes towards Aging

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This research has been made in descriptive type in order to define university school students’ views and attitudes about ageism. Between 01.10.2015 and 01.02.2016, 1237 students who meet the criterions have been made sampling among 1652 students who constituted the research universe. Data obtained by using Identifier Properties Information Form and Attitudes Toward Aging Scale. It was determined that Child development department students’ attitudes towards old people were higher than the students from the other departments (p=0.002). It was determined that attitudes toward aging increased in a positive way with an increase in their fathers’ education level (p=0.025). It was determined that students’ attitudes toward aging (155.92), are positive. According to these results, training professional individuals in the area of old age should be aimed, and all community should be provided to raise awareness about old age.
PP-46 Peer Coaching in Nursing Education
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Nursing is an applied health discipline that combines the theoretical content with skills in a meaningful way. In nursing education, students are expected to make knowledge, skills, attitudes and ethical principles about their profession as a part of their behaviors. However, nowadays, decreasing resources of universities, increasing number of students and inadequate number of educators lead to decrease of the time allocated for students and thus to adversely affecting students' psychomotor skills education. On the other hand, the teaching of skills in nursing is of great importance both in the educational period and in the post-graduate period in terms of increasing the competence of the students. Peer coaching that peers voluntarily participate and have mutual benefit is gaining importance in nursing education in terms of helping students to gain competence by motivating, performance-enhancing effect in learning. Peer coaching, used in education to improve students' critical thinking, cognitive and psychomotor skill development and academic achievement is a system in which students move into both learning and teaching positions in transferring theoretical knowledge to practice. Peer coaching among individuals with the same status and position has many other advantages, such as facilitating the educational process, sharing experiences between learners and teachers, increasing self-confidence of pre-practitioners, and reducing anxiety.
Cervical cancer is one of the preventable health problems, and is the most common genital system cancer following endometrial adenocarcinoma. The objective of this study was to determine knowledge, attitudes and behaviours of women towards early diagnosis of cervical cancer. Materials and Methods: This study designed in line with the principles of descriptive study was conducted on women who presented to primary health care institutions in between January- March 2017. A total of 300 married women constituted study group of the research. “Information Collecting Form” and “The Scale of Attitudes towards Early Detection of Cervical Cancer” (SAEDCC) were used for data collection. Results: Age average of the participants was 35.2 ± 9. 42.0% of women have taken Pap smear test and 32.0% have taken regular gynecological examination. There was a significant difference between the educational groups in terms of pap smear seriousness, barriers and benefits points (P<0.05). It was found that, status of having knowledge about HPV, which is one of the factors causing cervical cancer, symptoms of cervical cancer, and protection methods against cervical cancer affected behaviours for having pap smear test, and the difference was statistically significant (P<0.05). Conclusion: It was found that, knowledge and applications of women towards early diagnosis of cervical cancer were insufficient. In this context, we recommend that women should be trained about early diagnosis of cervical cancer by public health nurses.
PP-48 The Assessment of The Quality of Life and Social Support Levels of Leukemia Patients
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This cross-sectional study which aims to determine the quality of life and social support levels of patients diagnosed with leukemia, the factors that affect these, and the relationship between the quality of life and social support. The study included 117 voluntary leukemia patients aged 18 years and over who applied to the hematology polyclinic between January-June 2008, who are not in the terminal period, who have no mental or physical disabilities that will prevent communication, and who are literate. Data was collected using the patient information form, The European Organization for Research and Treatment of Cancer-Quality of Life-Core30 (EORTC QLQC30) scale, and the Multi Dimensional Scale of Perceived Social Support. In data evaluation, descriptive statistics, nonparametric tests, and correlation tests were used. The average score for the general health condition of patients was found to be 59.76±24.01 and the average score perceived social support was found to be 58.04±17.45. While patients achieved the highest score from the role function, they received the lowest score from the emotional function. Men were found to have a better general health condition in comparison to women (p<0.05). In accordance with these results of the study; nurses can be advised to plan and provide nursing care for patients by taking into consideration the personal (age, gender, etc.) and disease-related characteristics that affect the quality of life and social support levels of leukemia patients.
Operative cancellations those patients that were planned in the operative list, were changed or but did not have the planned surgery on the scheduled date (Huda et al.). The cancellation of the operation negatively affects the cost of the hospital, prolongation of hospital stay and leads to anxiety on patients and their families (Sekmenli et al.). The study aimed to determine patients' status of informing about cancellation of operation and reasons of cancellations. This is a descriptive study included 76 patients, aged 18 years, participated in study and elective operative at Trakya University, during the period April 2011 - May 2012. Patients were evaluated for causes of cancellations and determined for status of informing about issue. The data was analyzed in SPSS 20.0 statistical programme. The reasons for cancellation of operation were grouped into patient related (18.3%), surgeon related (6.6%), technic problems related (12%) and administrative related (57.8%). In addition, 5.3% of patients didn’t inform about reason of cancellation. Physicians can contribute to a reduction in cancellation of operations by making a better preoperative evaluation. Nurses can provide support by giving importance to patient education before surgery.
Aging is a process accompanied by numerous health problems, that the ability to adapt to environmental factors decreases. In elderly people, the most common diseases are diabetes, hypertension, dementia, cardiovascular, cerebrovascular, musculoskeletal diseases. In addition to these, trauma is also common in elderly. Trauma; often due to the structural damage caused by the transfer of kinetic, thermal or chemical energy to tissues. Patients with traumatic elderly who are less injured than younger are at increased risk of complications that may arise, the recovery time of the patient is prolonged and the incidence of mortality and morbidity increases. It is known that more than 80% of elderly return to their pre-injury lives after trauma, aggressive resuscitation and early follow-up. The frequency of falls is increasing due to increased motor tendency due to motor force, coordination, loss of balance, decrease in reflexes, visual impairment, memory loss, alcohol consumption, heart diseases and diabetes. Injuries due to motor vehicle accidents are second major cause of trauma. Although use of vehicles in elderly is low, the cause of motor vehicle accidents is high mortality rate. Elderly are exposed to burns are third major cause of trauma. Prevention of traumas; there are three types of protection: education, law, automatic protection. As result, elderly need to be planned and applied in line with their spiritual, physical, social and spiritual needs. In order to protect elderly effectively from trauma, nursing care needs to be done with a holistic approach.
Intensive care patients are admitted for reasons such as respiratory insufficiency, CVS and renal insufficiency, polytrauma, metabolic disorders. Objective evaluation is needed to determine the intensive care needs of patients. This is done by using scoring and scaling. Aims of scoring systems are predicting the disease prognosis, saving data, to be able to make the decision to continue the treatment and create standardization on evaluation, making a distinction between patients who will not benefit from intensive care, determining the severity of the disease and the degree of organ dysfunction, determining how intensive care resources are consumed etc. Patient data used in the scoring system are such as patient feature (age, affecting anatomic region / organ systems etc.), physiological measurements (mean blood pressure etc.), Glaskow Coma Score, biochemical and hematological indicators (hemoglobin/hematocrit,), accompanying situations (renal replacement treatment, immunosuppression therapy etc.). Scoring systems; that assess mortality by assessing disease severity and "organ failure scoring systems" that assess morbidity. Some scoring systems that are often used in ICU are SAPS/II/III (Simplified Acute Physiology Score), APACHE I/II/III (Acute Physiology and Chronic Health Evaluation), MPM /II (Mortality Prediction/Probability Models, GCS (Glaskow Coma Score). Another advantage of using scoring systems in ICUs is the accumulation of patient data and the ability to evaluate each ICU performance over time.
PP-52 Identifying Body Perceptions of Elderly Living in Nursing Homes

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Body image is a dynamic perception related to a person’s physical appearance, movements and feelings. The aim of the study is to identify the perceptions of the elderly living in nursing homes on their body image. The study has a descriptive design and a sample of 55 elderly persons living in nursing homes. To collect data, the authors used their own personal information form and Body Image Scale developed by Secord and Jourard in 1953 and validated by Hovardaoğlu in 1989. Scores range between 40 and 200. Higher score indicates more positive evaluation. Cronbach alpha was found 0.98 in our study. SPSS 18.0 program was used for statistical data analysis. Permission was granted from the relevant institution.

Average age of the sample is 77.23±8.62. 81.8 % are male, 49.1 % graduates of primary school, 50.9 % divorced and 80 % have pension. 98.2 % have a chronic disease. 65.5 % have hypertension. Regular medicine intake per day is 4.16±3.11 (items) on average. Body Image Scale average score is 131.83±42.69 (min. 40, max. 200). Average score of women is 139.90±41.71 and men scored 130.71±43.29 on average. According to Body Image Scale total scale score, no significant difference was found between gender, age and body mass index. To conclude, it was found that elderly persons had a positive attitude and perception of their body image.

Keywords: nursing home, body image, elderly
PP-53 Is Obesity a Chronobiological Disease?

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Obesity is one of the most serious public health concerns in the 21st century, recently studies have suggested that disruption of the circadian system (CS) may lead to obesity. CS is composed of a set of structures responsible for the generation and the synchronization of biological rhythms to 24 h environmental cycles. CS, also called biological clock, located in the suprachiasmatic nucleus of the anterior hypothalamus which have adapted to daily changes in light and dark. At the heart of the molecular circadian clock are two genes Clock (circadian locomotor output circuits kaput) and Bmal1 (brain-muscle arnt-like 1). Similar clocks are found in peripheral tissues, such as the liver and adipose tissue. Many hormones that modulate insulin secretion, glucose homeostasis, and feeding are regulated cyclically by the circadian system, including orexin, leptin, glucagon, cortisol and melatonin.

Literature review of this study was conducted, using keywords such as "obesity and circadian rhythm". Several studies show that polymorphisms in Bmal1 and Clock genes have been associated with obesity, Type 2 diabetes and hypertension. Animal models have shown that mice with Clock gene disruption are prone to developing obesity and MetS.

The mechanisms are not well known between obesity and CD. It has been hypothesized that high snacking frequency, a reduction in total daily sleep and increased exposure to bright light during the night may lead to CD and metabolic disturbances, including obesity.
PP-54 The Place of Probiotics In Major Depressive Diseases
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Major depressive illness; is a complex psychiatric disorder that causes malnutrition throughout the world, which can affect populations by 20% at some point in their lives. At present, most pharmacological treatments for major depressive disease are focused on altering neurotransmitter activity, but this pharmacological treatment can cause side effects such as headache, nausea, agitation, sedation and sexual dysfunction. However, over the past decade, neurogastroenterological studies have produced extensive and direct biochemical signaling between the gastrointestinal tract and the central nervous system, referred to as the "bar-brain axis". A complex microbial ecosystem containing approximately 100 trillion microorganisms, the microbiology functions to help build and maintain the bowel lining and is influenced by many factors such as genetics, age, sex, diet, and especially the stress of recent interest. There is evidence that psychological stress may increase the permeability of the gastrointestinal lining and, on the contrary, there is evidence that the microbial can affect and modulate emotional behavior. The resulting clinical trials suggest that gut microbiota and probiotic use may be beneficial in alleviating depressive symptoms, but clinical trials are needed to elucidate this.
Garlic, homeland is Middle and Western Asian steams, is among the very old cultivated plants. Garlic contains more than 200 chemical compounds and most of them are essential oils and enzymes (alginate, peroxidase and herasinase) which includes sulfur containing compounds (alicin, allin and ajoene). It also includes micro and macronutrients such as carbohydrates, minerals, amino acids, niacin, vitamin A, B1, B2, and C. Allyl sulfide, giving a sharp smell, composed of sulfuric and ethereal oils. Garlic has functional features killing parasites, reducing blood pressure, lowering blood sugar and cholesterol, protecting the liver; and also includes antitumor compounds. Garlic shows the effects on the cancer cells by mobilizing immune system cells. The fact that garlic shows this antitumor effect owing to allinase and other sulfur containing compounds. Cancerous mice were injected with the garlic extract and the proliferation of the tumor cells was blocked and the cancer cells were directly mutated. A study by the National Cancer Institute revealed that people, living in China and Italy and consume too much garlic, have protection against stomach cancer. There is plenty of sulfhydryl in the garlic, which is a very good antioxidant. However raw garlic does not show this effect, and even has an undesirable partial oxidant effect. The mechanism of the anticancer properties of garlic is not fully understood, but probably due to its ability to block strong carcinogens such as nitrosamines in the digestive tract. Studies has shown that garlic protects GIS tissues against carcinogens.
PP-56 Effect of Daily Dietary Calcium Intake Level on Parameters Related to Obesity in University Students: A Pilot Study

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Changing living conditions with the beginning of university education, tending to ready food consumption especially by students away from their families and the limited availability of healthy nutrition services at universities have created a chronicized student nutrition problem. The obesity indicators of university students were evaluated and the effects of daily calcium intake levels on these indicators were examined in this study. In the scope of the study, weights and lengths of the students (10 males, 25 females) were measured in accordance with the procedure, and food consumption was recorded with 24-hour dietary recall method. There was no significant correlation between daily calcium intake levels and BMI measurements of students. The mean of the daily calcium intake levels of underweight individuals (BMI <18.5) was the highest, and that of overweight individuals (BMI≥25) was the lowest. However, the difference between the groups was not statistically significant. There was a statistically significant relationship between the dietary calcium intake and the dietary energy intake levels of the individuals. Study results showed that the daily calcium intake did not correlate with BMI measures of individuals. Further studies are needed to assess the relationship between daily micronutrient intake and the frequency of obesity in university students.
PP-57 Effects of Breastfeeding and Complementary Food on Food Allergies

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Food allergies are immune-based toxic reactions against the food because of their allergen proteins. Breast milk has important effects on the developing infant immune and gastrointestinal systems. It also has a significant role in food allergies because it contains protective factors including TGF-beta, sCD14 and s-IgA. The risk of food allergy increases in kids who haven’t been breastfed for sufficient period of time. WHO suggests exclusively breastfeeding for the first 6 months of life. Another factor affecting food allergies is the consumption of high allergenic foods in pregnancy. There is some research about the relationship between consumption of high allergenic foods during pregnancy and food allergies on children. Choosing infant formula is also important for babies because they cannot benefit from the protective effect of breastfeeding. In addition, food allergies are also associated with the introduction of complementary foods. Early or late introduction of complementary foods increases the risk of food allergies. The American Academy of Allergy, Asthma, and Immunology gives some recommendations to protect children against food allergies. These are arranged for avoiding from consuming the high allergenic food during pregnancy, adequate breastfeeding, proper choice of infant formula and baby foods and the introduction of complementary foods at the right time. In order to reduce the risk of food allergy in future generations, it is necessary to publicize the importance of breastfeeding and complementary nutrition.
Duchenne muscular dystrophy is one of the dystrophic muscular diseases that linked X. This disorder is seen every 4700 live birth and only affect boys. It is known that there is mutation on Xp21 gene that dystrophin is located, prevent protein synthases. By and by, muscle degeneration, inflammation or fibrosis could occur. Nutrition of Duchenne muscular dystrophic boys affects the quality of these person’s life. Problems linked with using steroid, constipation, dysphagia, delaying gastric emptying, intestinal obstruction, are some of the factors that influence these individuals feeding. This review aimed to contribute to literature as handle nutrition of Duchenne muscular dystrophic individuals. In case of necessity, switching to enteral feeding or changing the viscosity and structure of the ingested food to a state that can be consumed by the patient, and preferring high fiber content, should be emphasized in details of the diet plan of DMD patients. If the levels are low—especially in individuals who have been treated for long-term corticosteroids—Vitamin D and calcium mineral supplementation is another important consideration. There are some studies related with glutamine, creatinin or taurine on DMD. These supplements cause decreasing muscle necrosis but multidisciplinary assessment should be done for the use of these. Studies are conducted about Duchenne muscular dystrophic patients nutrition, should be increased.
PP-59 Long-Term Effects of Using Licorice in Pregnancy on Children

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Pregnancy period is important for a baby to have a healthy life. Mother’s eating habits affect whole life of the baby. Special attention should be taken while using some herbs in pregnancy because they can affect the health of her baby. Licorice is an herb that has some negative effects on babies’ health. Glycyrrhizin is a natural constituent of licorice. It inhibits 11 β hydroxysteroid dehydrogenase type 2 that catalyzes the rapid inactivation of glucocorticoids to their inert 11-ketoform. In 1998, a birth cohort was started to search a relationship between maternal glycyrrhizin intake and birth anthropometry. As a result of this study, no relation was found between high glycyrrhizin exposure and low birth weight, but it was associated with gestational age. In the follow-up study, it was seen that glycyrrhizin, affects HPA axis function in an 8-year-old child. It changed children’s salivary cortisol levels. Another follow up study demonstrated that maternal high glycyrrhizin intake led to decrease in cognitive performance. It also increased the risk of externalizing symptoms, attention, rule-breaking, and aggression problems in children. In 2017, it was shown that IQ points of the children exposed to high maternal glycyrrhizin intake decreased. As a result of these studies, licorice consumption during pregnancy can have negative outcomes to the children’s health. Therefore, the pregnant shouldn’t consume licorice and food including licorice such as baked ones, sweets, alcoholic and non-alcoholic beverages, hard candy and chewing gum.
PP-60 Determination of Information Levels on Functional Nutrition in Health Education Students

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In recent years, prevention of diseases from natural ways of some foods and scientific presentation of its efficacy in treatment increase importance of nutritional support in protection of health. Providing physiological benefits to body and/or reduce risk of chronic illnesses other than nutritive properties are called functional foods. The aim of study was to determine knowledge levels of functional foods in nutrition and dietetics, nursing and midwifery students in our study, based on knowledge that functional foods reduce risk of diseases such as cholesterol, hypertension, intestinal diseases and diabetes. For this purpose, a questionnaire form was applied to measure students' knowledge levels. In this study, 97 individuals’ 39,2% (38) were nutrition and dietetics, 32% (31) were nursing and 28,8% (28) were midwifery students. 68% of students know what functional food is also 88.7% think they are healthy. It was determined that all nutrition and dietetic students, 54.9% of nursing students and 39.3% of midwifery students knew functional foods(p=0.001). 32.2% of nutrition and dietetics students think that functional foods are effective in regulation of intestinal activity, 33.8% of nursing and 29.5% of midwifery students think that effective in controlling cholesterol level. 78.4% of all students think functional foods are healthy but 73.2% don’t use functional foods. As a result; it is thought that necessary to plan will increase level of knowledge training of functional foods known to have positive effects on health for departments that don’t receive nutrition education.
Probiotics, typical inhabitants of the human gastrointestinal tract, are noted beneficial, and may be aroused by non-digestible food ingredients such as; include inulins, fructo-oligosaccharides (FOS), lactosucrose, galacto-oligosaccharides (GOS), inulin, palatinose, soybean-oligosaccharides, lactulose, pyrodextrins, xylo-oligosaccharides, isomalto-oligosaccharides. The majority of studies carried out to date have focused on, FOS and GOS oligosaccharides, collectively called prebiotics. Palatinose is also important prebiotic candidates, generally recognized as safe (GRAS) food additives. Sweets are enchanting owing to their intense shapes, colours, characteristic aroma, and taste, both for adults and children. Palatinose is a natural sweetener ingredient in honey, composed of glucose and fructose moieties, and produced sugar cane juice isomaltulose (D-glucopyranosyl-1, 6-fructose). Isomaltulose is same caloric value with sucrose also has long term energy supply, high glycemic index, and no negative impact on human health. Now, scientists have indicate that nutriment of low insulinemic and low glycemic foods decrease the risk of thriving cardiovascular disease, obesity, diabetes, and get better blood glucose stabilization in human with diabetes, and can be helpful for high weight balance. However, there is a need for more clinical studies to determine the value of the effect of palatinose for various food products.
PP-62 Asthma and Omega-3 Fatty Acids
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The prevalence of asthma, characterized by chronic inflammation of the airways, is increasing day by day. The increase in prevalence of genetic, immunological and environmental factors are also playing a role, especially recently are kept in the forefront of nutrition. For this reason, clinical and epidemiological studies is focused on omega-3 and omega-6 fatty acids. Some metabolites in the omega-6 fatty acids cause high inflammatory responses while omega-3 fatty acids metabolize less inflammatory response as a result of metabolism in the body. As the ratio of omega-3 fatty acids to omega-6 fatty acids decreases, the morbidity of asthma and allergic diseases increases. Studies have reported that intake of omega-3 fatty acid reduces the incidence of asthma and asthma-related symptoms, and improves lung function. In addition, studies have shown that compared to arachidonic acid DHA content in asthmatic patients is lower in nasal tissues than in healthy individuals, which supports the role of DHA in allergic diseases. It has been shown that fish consumption during pregnancy has beneficial effects on allergic/atopic problems in children. However, some studies have showed that intake of omega-3 fatty acid is not effective on asthma. As a result, there are contradictions in studies regarding the role of omega 3 fatty acids on asthma. Nutrition should also be included in the treatment of asthma, one of the allergic diseases. A diet rich in Omega 3 fatty acids may be useful for asthma patients.
A Functional Grain: Teff
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Teff (Eragrostis tef) is a small grained grain originating in Ethiopia that can adapt to harsh environmental conditions. It has become popular in recent years due to its gluten-free, high fiber content and attractive nutritional profile. Teff has a low glycemic index, as most of the carbohydrate it contains is complex. In addition, the high gelatinization temperature prevents a rapid rise in blood sugar, thus providing a longer toughness. Although the amount of protein it contains is similar to conventional grains, the amino acid composition is more convenient. Food prepared with Teff seeds or flour is a good alternative to gluten-free diet for people with celiac disease and gluten sensitivity. Teff has high fiber content compared to wheat, rice and millet. It has been reported that people with high dietary fiber intake have significantly lower risk of developing diabetes, coronary heart disease, hypertension, obesity and some gastrointestinal diseases. Teff's high iron and calcium minerals content also draw attention with its rich polyphenol content. It is known that teff, which is seen as a grain of the future, is a product that has potency diversity because it can be used in various food products, nutrient content and is an alternative for people with celiac disease and gluten sensitivities. As a result, studies on dissemination of teff use should be increased due to all these healthy influences.
**PP-64 Liquid Spices with Functional Properties**

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Oleoresins are a mixture of oil and resin obtained by extracting from various plants. It is more concentrated than normal volatile oils. Oleoresins are commercially obtained most from red pepper and can be extracted from plants such as rosemary, ginger, dill, black pepper, turmeric, clove, sumac, thyme, cumin. Oleoresins, also known as liquid spices, are products that show the characteristic properties of the raw material obtained. Oleoresin is extracted by supercritical fluid CO2 extraction. Oleoresins are increasingly used in the food industry due to providing taste standardization in food products, simple storing (with less flavor and color loss) and besides to being economic. It is used as a ingredient in meat processing, in sauces and mortars, in aroma formation, in soft drinks and bakery products. At the same time, beneficial to health by stimulating the endocrine and immune systems. Studies have shown that oleoresins exhibit effective antimicrobial and antioxidant activity. Oleoresins have been shown to have an inhibitory effect on the growth of species Staphylococci, Streptococci, Proteus and Salmonella. For this reason, various food products can be used for protect against microbial deterioration. It is stated that the oleoresins are caused by the synergistic effects of all the components and the phenolic compounds of the antimicrobial activity. The use of liquid oleoresins in food products has resulted in the enhancement of the functional properties of foods.
Cherry and sour cherry are healthier fruits used in food industry in many ways such as fresh, dried, frozen, canned, jam and juice. The gut known as 'the disease of the kingdoms'; the elevation of uric acid in serum, the accumulation of mono-sodium urate crystals in the joint and in the surrounding tissue, and the recurrent attacks of arthritis. Uric acid, the end product of purine metabolism in human body, accumulates as mono-sodium urate crystals in joints and happens in patient body with gut. Excess uric acid production or low excretion, sometimes together with the growth of both mechanisms coincide with the level of uric acid in the final serum. The reduction of serum uric acid levels to normal levels is the main goal of the treatment. Experimental studies have shown that consumption reduce serum uric acid levels and gut arthritis attacks. Although the mechanism of this decline is not fully understood, it is thought that consumption of cherry and sour cherry increases the rate of renal glomerular filtration or reduces the level of tubular reabsorption, thus the level of serum of uric acid is reduced. On the other hand, cherry and sour cherry are thought to exhibit anti-inflammatory action against inflammatory reactions are triggered by mono-sodium urate crystals due to their high anthocyanin content. When these ideas are supported by clinical trials, it is thought that cherry and sour cherry may be an alternative non-pharmacological treatment to prevent gut attacks.
PP-66 Determination of Body Composition and Obesity Status of Kırklareli University Students

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The study was carried out on 01.05-06.2017 and a total of 210 students were reached. It was determined that 9.3% of the students who determined anthropometric measurements were weak, 68.9% were normal, 17.1% were pre-obese and 4.7% were obese according to the BMI principle. 3.9% of male students are weak, 70.1% normal, 20.8% pre-obese and 5.2% obese. Of the women, 12.8% were weak, 67.7% were normal, 15.0% were pre-obese and 4.5% were obese. The mean BMI of the students was significantly different according to sexuality (p <0.05). Body fat percentage was 19.2 ± 8.6% in males and 19.2 ± 7.4% in females. According to waist circumference 9.1% of men are at risk for cardiovascular diseases while 33.1% of women are at risk. 52.8% of the students exercise at least half an hour a day while 47.2% do not exercise daily. According to the Finnish type 2 diabetes risk assessment form (FINDRISK), 79.0% of the students are at low risk of diabetes. There was a significant relationship between physical activity status and body fat ratio. Body fat percentage was 22.4 ± 9.2 for inactive students, 19.1 ± 7.0 for minimal active students and 17.0 ± 7.3 for very active students (p <0.05). The body fat ratio was found to be 15.4 ± 7.7 in the smokers and 19.9 ± 7.6 in the non-smokers. There was a significant relationship between eating before bedtime and breakfast meal skipping (p <0.05). In the study, it was determined that 30% of the students did not have normal body weight and that male students were more pre-obes and obese than female students.
PP-67 Fatty Acids and Effects on the Immune System
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Immunonutrition which supports the immune system is becoming increasingly important in clinical nutrition in recent years. It is thought that N-3 fatty acids may be effective in fulfilling and maintaining the functions of the immunological system. The n-3 fatty acids, which are essential for the human body, must be taken into the body through foods. Studies have shown that n-3 fatty acids have an antiinflammatory effect and are effective on the immune system. N-3 fatty acids have antiinflammatory effects in the body through three mechanisms. First, the membrane acts by modifying the phospholipid structure. Secondly; has antiinflammatory effect by agonist effect against some receptors. As the third; inflammatory effect by suppressing the activation of the genes involved in the reaction. N-3 fatty acid supplementation suppresses autoimmune diseases and reduces production of interleukin-2 from T lymphocytes. It is recommended to take doses of 1-2g/kg/day in order to see the pharmacological effects. N-3 fatty acids affect the immune system by competing with arachidonic acid at EPA and DHA cell levels. Dietary addition of n-3 fatty acids antagonizes the effects of n-6 fatty acids on the immune system and vascular tone. It has been found that N-3 fatty acids have anti-inflammatory effects and these effects also support the immune system. However, there is no adequate clinical study on the routine use of n-3 fatty acids in clinical nutrition.
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The purpose of the study is to examine the relationship between menopausal symptoms, menopause-specific quality of life and life satisfaction in women in the postmenopausal period. Material and Methods: 50 postmenopausal women were included in the study. Socio-demographic information of the individuals participating in the study was obtained by the demographic evaluation form. The Menopause Specific Quality of Life Scale (MOCLQ) was used to assess the menopausal symptoms of the individual, the Life Satisfaction Scale to measure levels of life satisfaction, and the Menopause Specific Quality of Life Scale (MOCLQ) to assess quality of life. The mean age of the subjects included in the study was 56.84±5.72 years. In the analysis of correlation, it was found that there was a relationship between menopausal symptoms and menopause-specific quality of life in postmenopausal women (p <0.05). In addition, there was a correlation between life satisfaction and menopausal symptoms (p<0.05). Menopausal symptoms of postmenopausal women were associated with quality of life and life satisfaction. The prevalence of menopausal symptoms in developing countries cannot be understood and applications on preventive measures are not sufficient. Symptoms associated with menopause decrease the quality of life of woman. We believe that there is a need for women's healthcare services to improve the quality of life and satisfaction of women during the postmenopausal period.
National medical rescue team (NMRT) members are selected among volunteer medical staff. These staffs participate in the training and practices that defined according to an educational program at various times and intervene in unexpected issues in the case of need. The staff that conduct NMRT tasks besides of essential duties work as per the assignment of the governor or the ministry. In this research, development of system and improvement of work conditions that specified according to the expectations of NMRT volunteers is aimed. The population of the research consists of the participants of South Marmara NMRT regional camp which took place in Canakkale province between 4th of October, 2017 and 7th of October, 2017. 52.6 percent of the participants were nurses and medical assistants, 6.6 percent were medical doctors, likewise, 6.6 percent were paramedics and 27.6 percent of them were emergency medical technicians. 53.9 percent of staff stated that medical apparatus of NMRT is sufficient, 68.4 percent stated training of NMRT are sufficient and 84.2 percent of participants stated that training will contribute extra benefits for their own working fields. The satisfaction score of the participated staff was counted as 81,715. 56.6 percent of NMRT staff think that publicities are insufficient and 30.3 percent of them think that they are not supported enough by management. Consequently, it is clarified that supporting NMRT staff, meeting their expectations and informing society about their works are needed.
Identifying First Aid Knowledge Level of Students from Vocational School of Health Services

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The aim of this study was identifying first aid knowledge of students from vocational school of health services. The study has a descriptive design and a sample of 585 students registered at Namık Kemal University Vocational School of Health Services. The study involved 397 volunteered students. The authors used a sociodemographic form to collect personal data and a survey form to detect first aid knowledge level of students. Study results are expressed as mean ± standard deviation and percentage. Permissions were granted from the relevant institutions. Age average of students is 19.4±1.77. 86.9 % are female. 71.3 % are high school graduates and 28.7 % are university graduates. 58.7 % defined their income as medium. 97.2 % of students defined first aid correctly. However, 38.8 % stated that the primary goal of first aid is to alleviate the pain. What students knew wrong include intervening burn with medicine (46.6 %), immediately making the patient vomit in cases of acid poisoning (67.5 %), replacing the organs in cases of injury (34.6 %), immediately pulling back the stung object (25.35 %). It was found that 84.5 % of students did not know storage conditions of detached organs, 48.6 % did not know how to intervene on nose bleeding, 20.5 % on bleedings and 27.1 % on unconscious patients. It was found that first aid knowledge of students is not adequate. Supporting them through trainings before graduation is recommended.
PP-71 Computer Skills of Medical Secretaries Working in Health Institutions: A Case Study

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The aim of this study was identifying computer skills of medical secretaries and relevant factors. The study has a descriptive design and a sample of 100 volunteered medical secretaries working at Namık Kemal University Health Practice and Research Center. The authors developed and used a survey form to identify socio-demographic aspects and computer skills of individuals working as medical secretary. Study results are expressed as mean± standard deviation. Average age of the staff is 31.41± 8.13. 60.5 % are graduates of university, 27.9 % high school. 60.5 % defined their income as moderate, 32.6 % as low. According to self-reports of the staff, it was found that 90.7 % have computers at home, 37.3 % used computer for communication on social networks, average daily time spared for using computer is 6.34±3.6, 67.7 % have received inner-service training and 55.8 % think that the training was not adequate. 16.3 % do not know Q keyboard, 60.5 % F keyboard and 67.4 % typing ten fingers. 62.8 % can set and remove a program on computer, 53.5 can use virus program, 79.1 % can use office program, 34.9 % can make wireless internet connections and 30.2 % can handle ICD classification system. Correct data storage is important for scientific knowledge production, clinic follow-up of patients and institutional functioning. It is recommended to enhance computer skills of medical secretaries who are responsible for medical documentation system.
PP-72 Case study: From Mild Cognitive Impairment to Alzheimer

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Mild Cognitive Impairment (MCI) is defined as the clinic situation where the patient suffers retardation in cognitive functions but this retardation is not sufficient to be diagnosed as dementia. It is reported that dementia develops in more than half of patients in 5 years. The patient must be dealt with in a multi-disciplinary approach and cognitive retardation must be followed at 6 to 12 month intervals. Case: The patient is a 75-year-old woman who applied to neurology policlinic in May 2016 for forgetfulness. Her Mini Mental Test (MMT) score is 23 / 30. Total memory score as a result of Verbal memory process test (VMPT) is 11 / 15. The clock drawing, similarities and differences was normally observed. Through these findings, the patient was taken into clinic follow-up with MCI diagnosis. According to the test results in July 2017 to follow retardation; MMT score is 13 / 30 and VMPT total memory score is 7 / 15.

The patient took the psychometric tests in July 2017 and it was observed that she had difficulty sustaining attention. Mild disorder was observed in verbal and visual memory functions. When assessed with the results of May 2016, significant deterioration was observed in her verbal and visual memory test results and ability to identify similarities and differences, draw clock and reasoning skill. This result overlaps with Alzheimer type dementia. The patient and her family were recommended regular check-ups, regular medicine intake, physically and mentally active life style.
Determination of knowledge and application levels of Turkish midwives, who work in state hospitals affiliated to a public hospitals association, on the International Midwifery Philosophy and Model of Midwifery Care published by the International Confederation of Midwives, and the factors affecting it. The universe of this descriptive study consisted of nurses working in state hospitals affiliated to a public hospital association. Data analysis was performed on the information received from 36 midwives (30%, N=120) who voluntarily participated in the study and fully completed the questionnaire. Descriptive statistics, comparative and correlation analyzes were used to evaluate the data. The participants’ mean age was 41.44±7.16 years (min:28, max:65). Their mean working experience was 20.00±8.76 (min:3, max:45) years. In addition 11.1% (n: 4) stated that they used a model to apply midwifery profession. The level of knowing the midwifery philosophy and the level of reflecting it into practice were determined as 2.87±0.24 and 2.71±0.49 respectively. Moreover, the level of knowing midwifery care model and the level of applying it were found to be 2.84±0.26 and 2.72±0.47, respectively. Finally, a positive, moderate and significant relationship was detected between the levels of knowledge and application of midwifery philosophy and care model (p <0.05). It is believed that midwives should be employed in the units proper to their professional fields, and informed about all kind of information regarding their fields directly through training and other means of communication.
PP-74 Assessment of Emergency Ambulance Services Usage in Çanakkale Province
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This retrospective descriptive research was realized within retrospective medical record review of emergency services call forms in 2016. Research population consists of number and result of the cases in the registry of emergency ambulance services and main diagnosis. Statistical analysis method was used in order to analyse data. Emergency medical services of Canakkale province had provided service with 23 stations and 27 ambulance team in the city centre and other districts. Ambulance assignment had been done 50508 times by the command and control service in 2016. These assignments had resulted as mostly, patient transfer to hospital by 58.6 percent and interhospital transfer by 19.42 percent. Other gathered results are 98 (0.19%) unfounded call, 3988 (7.9%) transfer rejection and 661 (1.31%) transfer of patients by another vehicle. The highest number of assignments which is 4907 had been done in July. According to the results of cases, the stated unnecessary occupation is restrainable also, the necessity of an increase in catch-up work for public disclosure about emergency ambulance services usage arose.
Familial Mediterranean Fever (FMF), which is an autoinflammatory inherited disease, occurs as a result of the mutations in the MEFV gene. Major autoinflammatory diseases which have different clinical characteristics are FMF, TRAPS, HIDS and CAPS. Although each of these have different characteristics such as the age of onset, period of attack, clinical symptoms, course of the disease and ethnic origins of the patients, it is difficult to make a definitive diagnosis based on the clinical picture. However, definitive diagnosis is important in terms of applying a disease specific treatment. In this review, our purpose was to assess the importance of definitive diagnosis of FMF, which is very common in Turkey, in getting correct and timely treatment. The basic findings of FMF are fever attacks, abdominal pain and joint pain accompanying fever attacks and erysipelas like erythema on the skin. In the disease which courses with periodic fever and typical serositis findings, it is very important to diagnose the disease and start the treatment in order to decrease the frequency of attacks and to prevent the development of amyloidosis, which is the fatal complication of the disease. As a conclusion, FMF is a very common disease in our country and it is very important to make definitive diagnosis clinically. Thus, the diagnosed patients can lead a life close to normal by taking colchicine, which is used in the treatment of this disease, and they can also get rid of the risk for renal failure caused by the advanced disease which occurs when the drug is not taken.
PP-76 Increasing Life Quality in Chronic Kidney Failure: Exercise
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Chronic renal failure (CRF) a chronic and progressive decline in renal function as a consequence of reduced glomerular filtration value. It is reported that the number of people living with chronic renal failure in our country is over 70 thousand. The reported cases have been increasing each year. CRF can be associated with anemia, bone diseases, weakness in skeletal muscles (myopathy), social and emotional problems, fatigue, diabetes and cardiovascular diseases as secondary or primary in CRF patients. Its link to many other diseases reduces life quality of CRF patients. Patients' physical inactivity leads to atrophy in muscles and decrease in capillary density, which, in turn, leads to a decrease in muscle strength. Neuropathy and myopathy, which also result in uremia, reduces muscle strength. In patients with CRF, dialysis is effective in the treatment process and combined treatment of dialysis with exercise improves life quality of the patients. Exercise is a planned, structured, voluntary and continuous activity to preserve and strengthen the functions of muscle groups. In this respect, patients are advised to have more active and healthy life. Regular exercises resulted in decreased anxiety levels during hemodialysis, increased levels of peak oxygen levels, decreased use of antihypertensive drugs, increased muscle strength, increased urea and other waste products during hemodialysis and reduced arrhythmia. Considering the risks and complications that may arise, exercise programs should be organized in accordance with the physical capacity of each patient.
PP-77 Problems of Contact Lens Usage
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Many people have a problem with their vision at one time or another. Millions of people wear contact lenses for the best vision, changing the eye color or the treatment of corneal diseases. Contact lenses offer great advantages to their users as long as they are used correctly. In this study, we conducted a survey on problems of contact lens usage. The survey conducted with 164 people who wear contact lenses. This study focuses on the problems that contact lens users have experienced. It has striking results.
Medicinal plants are of a great importance to the health of individuals and communities. The Glycyrrhiza glabra (GG, Licorice) plant is an herbaceous perennial legume native to the Mediterranean and certain areas of Asia. G. glabra root extracts have various pharmacological activities such as antimicrobial, antioxidant and antitumor properties. The aim of this study was to investigate whether the GG has anticancer effect on human liver cancer cells. LC-MS/MS analyzes showed that GG is rich of flavonoids such as syringic, coumaric, trans ferrulic, salicyclic and abscisic acids. In this study, the mRNA expressions of apoptosis- and oxidative stress-related genes were determined by using RT-qPCR. Cellular apoptosis was evaluated by image-based cytometer. Human hepatoma HepG2 cells were treated with low and high concentrations of GG extract for 24 and 48 hours. Cytometric analysis showed that GG caused significant apoptosis starting at 24 h at both low and high concentrations. The treatment of the cells with GG markedly increased in antioxidant catalase, SOD, and glutathione peroxidase, HSP60, HSP70, p21 and p53 mRNA expressions. The data showed that GG has the key role to modulate apoptosis in oxidative stress conditions, folding and translocation of proteins under stressed conditions. GG treatment decreased MLH1, SMUG1 and HSP70 expressions which demonstrates GG suppresses DNA repeater and protein folding ability of cancer cells. The present study indicated that G. glabra root extract demonstrates an induction of growth inhibition and apoptosis in liver hepatocellular cells.
PP-79 The Evaluation Occupational Illness and Nanomaterials in Perspective of Occupational Health and Safety

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Nanomaterials (1-100nm), include Nanoparticles(NP), nanofibres, nanotubes, composit, surfaces. Nanomaterials (NM), Np are used in various ways (T1). Workers are exposed to NP. Exposure (E) has negative health effects. NM can pass through tissues, damage the cell, cause toxicity. NP migrate into bloodstream, overcome cell barrier, affect organs. A toxicological risk(R) assessment has to be part of design, manufacture. Though there are studies in occupational (O) health and safety OH&S, epidemiological, vivo/vitro, toxicological studies for effects, safe use of NM are limited and there is a lack of knowledge. NPE routes are; injection, oral, inhalation(F1), digestion(F2), skin, gastrointestinal, blood-brain. A harmless NM isn’t available (T2,3), effects will emerge over long periods of time, for O illness long term effects are unknown. Test is key to R management. The results of studies on NM have established O E limit (L)s (T4) but not sufficient. Study describes some potential health Rs,E/toxicity approaches and facts can be identified; characteristics of NM, information on workers are exposed to NM, E routes, to give a perspective on OH&S related O diseases. Studies indicate E of workers to nanomaterials results in adverse outcomes and can become an O illness. R management, toxicity assessment are needed. Different ELs are recommended in current studies. ELs should be elaborated further. The name of the O diseases may arise due to nanomaterials has not been addressed. More epidemiological, vivo/vitro, toxicological studies are needed.
Despite major advances in the health sciences today, continuing pain is one of the most important indicators that directs people to health care professionals. The quality of the pain management depends on the knowledge, behavior and decision-making abilities of the health professionals who are in charge of pain treatment, and the biggest role falls to the nurse. The results of the study show that knowledge of nurses' pain management significantly influences the care and treatment of the patient. This study was conducted to determine the reasons why nurses failed in pain management. In this study, the causes of failure in pain management were examined; not having enough knowledge about pain management and problems, not knowing the effects of pharmacological and non-pharmacological methods used in pain management and not using these methods effectively, having fear of addiction and side effects in opioid applications, not regularly evaluating and recording pain, not taking the patient's comments into consideration and not using scales to measure pain, are among our reasons for failure in pain management. In line with this result; it may be suggested to increase the awareness and knowledge levels of the nurses in the related curriculum of the students during the undergraduate education for pain management, use of pain scales, up to date information on non-medicinal methods in pain management, and during the programs of nurses in regular in-service training, courses and seminars.
PP-81 Inhibitor Effect of Paricalcitol in Rat Model of Pentylenetetrazol-Induced Seizures

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Vitamin D has various systemic effects on bone metabolism, modulation of the immune system, stabilization of the cell membrane, oxidative stress, inflammation, apoptosis, and various other hormones. 36 male Sprague-Dawley rats were divided randomly into two groups: 18 for EEG recording and 18 for behavioral studies. Forty-five minutes before the PTZ injection, both groups of rats were given 5 and 10 μg/kg of paricalcitol i.p., respectively. Our results showed that the Racine’s Convulsion Scale score significantly dropped in the paricalcitol-treated group, analysis of the first myoclonic jerk latencies demonstrated a significantly longer latency in the paricalcitol-applied group, and spike percentages at EEG recordings significantly decreased with paricalcitol. Our study has demonstrated that paricalcitol has protective effects on PTZ-induced convulsions. Based on the SOD and MDA levels in our study, these effects may result from the antioxidant characteristics of paricalcitol.
Investigation of Binding Properties with Docking Studies of BACE inhibitors in Alzheimer’s Disease

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Alzheimer’s Disease one of the most mentioned diseases in world that can lead to dementia. Alois Alzheimer was the first neurologist who described a clinical syndrome made up of three domains; neuropsychological domain, neuropsychiatric domain and activities of daily living which include the person is unable to actualize vital multiple daily tasks. Recent studies have shown that not only one deficit can cause the disease but also various mechanisms effective on mild to severe course of Alzheimer’s Disease. The first introduced histopathologic features of Alzheimer’s Disease were extracellular amyloid plaques which comprise formation of generation, modulation and deposition of the amyloid ß peptide by the ß-secretase. ß-site amyloid precursor protein cleaving enzyme (BACE), is the enzyme responsible for initiating Aß generation. Thus, BACE is a prime drug target for the therapeutic inhibition of Aß production in Alzheimer’s Disease. In this study, molecular docking calculations were performed by using Accelrys Discovery Studio 3.5 software, in order to understand the binding interactions of the BACE inhibitors which were continued studies in the clinical phases. Binding properties of verubrastat were investigated and it was found that GLY74, ASP93, ILE179, ASPP289, GLY291 amino acids were playing an important role for enzyme-ligand interactions and verubrastat was bound to enzyme with -91.391kcal/mol binding energy.
PP-83 Molecular Docking Studies on Acetylcholinesterase Inhibitors in Alzheimer’s Disease

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Alzheimer’s disease, a progressive neurodegenerative disorder, is characterized by the deficits in the cholinergic system. Therefore, Acetylcholinesterase (AChE) and butrylcholinesterase (BuChE) inhibition have been documented as critical targets for the effective management of Alzheimer’s disease by an increase in the availability of acetylcholine in the brain regions and decrease in the Ab deposition. Furthermore, it has been also demonstrated that both AChE and BuChE play an important role in Ab-aggregation during the early stages of senile plaque formation. Cholinesterase inhibitors enhance cholinergic transmission directly by inhibiting the enzyme AChE which hydrolyses acetylcholine. Since the cholinergic system plays an important role in the regulation of learning and memory processes, it has been targeted for the design of anti-Alzheimer’s drugs. AChE enzyme is an important target for the management of Alzheimer disease and AChE inhibitors are the main stay drugs for its management. In this study molecular docking calculations were performed on AChE inhibitors which are used in Alzheimer’s disease, by using Accelrys Discovery Studio 3.5 software. The results of this study exist significant conclusions to elucidate the binding interactions between AChE and inhibitors, in Alzheimer’s disease. Binding properties of Donepezil were investigated and it was found that TRP86, TRP286, PHE295, PHE338, TYR337, TYR341 amino acids were playing an important role for enzyme-ligand interactions and Donepezil was bound to enzyme with -150.23 kcal/mol binding energy.
PP-84 Investigating DNA Gyrase Resistance Genes; gyrA, gyrB and parC Mutations in *Acinetobacter baumannii* Isolates by Real Time PCR

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It has been known that bacteria in the hospital environment resistant to antimicrobial agents may spread to the community. *Acinetobacter baumannii* infection is difficult to treat because of antimicrobial resistance. Detection of the fluoroquinolone resistance is shown by detecting the DNA gyrase and topoisomerase enzyme mutations which are associated with gyrA-gyrB and parC genes for DNA gyrase and topoisomerase activity, respectively. In this study, it was aimed to investigate gyrA, gyrB and parC mutations in *A. baumannii* isolates by Real Time PCR method. Seventy-eight *A. baumannii* isolates resistant to ciprofloxacin were included in the study. *A. baumannii* gyrA, parC and gyrB genes were amplified using gyrA_F 5’-AAATCTGCCGTGTGTTGTT-3’, gyrA_R 5’-GCCATACCTACGGCGATACC-3’, gyrB_F 5’-GTGCACCGCTTTGATAAAAT-3’, gyrB_R 5’-ACAGTTACACGTGGCCAGTA-3’, parC_F 5’ATGAGCGAGCTAGGCTTAAA-3’, parC_R 5’-TTAAGGTGCCTTGCCATTCA-3’ primers by applying qPCR techniques. HRM analyzes were performed to group the gyrA, gyrB and parC gene qPCR amplicons according to their DNA sequences. *A. baumannii* isolates were grouped as GA1, GA2, GA3, P1, P2, P3, GB1 and GB2 according to the different HRM profiles and DNA sequence analysis of 2 different QPCR products from each group were analyzed.
PP-85 Melatonin Decreases Growth of Primary Tumor and Lung Metastasis in a Mice Model of Breast Cancer

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Breast cancer is one of the most common invasive cancers in women, and the second main cause of cancer death in women, after lung cancer. Melatonin (N-acetyl-5-methoxytryptamine) is an indoleamine secreted by the pineal gland that modulates the human circadian rhythms, acts as a cytokine, biological response modifier, and also has oncostatic effects on tumor cells. The goal of this study was to investigate the effects of melatonin in primary tumors and lung metastasis by using an inflammatory metastatic breast carcinoma cells.
PP-86 Obesity and Chronic Stress Exposure Decrease Serum Testosterone Levels in Rat Models

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Stress and obesity are associated with male infertility. Obese men are more likely to be infertile than normal-weight men. The purpose of this study is to investigate the effects of stress and obesity on serum testosterone levels in rat models. Eighteen male Sprague Dawley rats were randomly divided into three groups of six each. One of the groups was exposed “Chronic-Mild-Stress” procedure for last four weeks of the 3-month-experiment. The stress-exposed and control groups were fed a standard rat diet. The third group was fed a 30% fat diet (high-fatty diet, HFD) for three months to form an obesity model. After the experiment, body weight of all animals was calculated and then, blood samples were obtained. Serum testosterone levels were measured by chemiluminometric method. Data were statistically evaluated. The increase in the body weight was significantly higher in the HFD group than the control and stress groups (p<0.05). Serum testosterone levels in the stress-exposed and obese animals was significantly lower than the control group (p<0.05). However, there was no significant difference between the stress-exposed and obese rats in terms of serum testosterone levels (p>0.05). As a result of our findings, we thought that stress and obesity might cause male infertility by decreasing testosterone levels.
PP-87 Chronic Stress Exposure Leads to Oxidative Stress in Rat Testicular Tissue

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Oxidative stress is associated with the pathogenesis of many chronic progressive diseases. Recent studies show that stress can cause increase in diseases associated with oxidative stress. In our study, we aimed to investigate whether stress may cause the oxidative stress in rat testis. Animals were divided into two groups such as stress-exposed and control (n=6, each group). Chronic-mild-stress (CMS) procedure was performed to the stress group for four weeks. Rats were given food and tap water ad libitum. At the end of the experiment, all animals were sacrificed and their testes were removed. The testes were separately homogenized in ice-cold potassium chloride. After the supernatants were collected, malondialdehyde (MDA) for lipid peroxidation and glutathione S-transferase (GST) were analyzed. Data of the experimental groups were compared with each other using Mann-Whitney U Test. A significant decline in the testicular GST level and a significant increase in the MDA level were observed in the stress-exposed group in comparison with the control (p<0.05). So, oxidative stress markers of the stress group were significantly different from the control values. As a result of our findings, we have suggested that chronic stress creates oxidative stress in testes, leading to male infertility.
PP-88 L-Carnitine Counteracts Prepubertal Exposure to Cisplatin-Induced Impaired Sperm in Adult Rats by Preventing Germ Cell Apoptosis

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The aim of this study are investigated the possible protective effects of L-carnitine on cisplatin-induced prepubertal gonadotoxicity and on adult sperm. Prepubertal male rats in the experimental groups except the control were injected with a single 5 mg/kg dose of cisplatin, i.p. L-carnitine was injected i.p.with 250 mg/kg in the cisplatin plus carnitine group, 1 h before cisplatin administration and for the following 3 days. The rats were sacrificed at 31 or 90 days old and their testes were harvested for morphometric and histopathological analyses. Testes of 31-day-old prepubertal rats were examined for germ cell apoptosis using the TUNEL method and for proliferation using PCNA immunostaining. The morphology, motility, quantity and vitality of spermin epididymal fluid samples of adult 90 day old rats were also evaluated. L-carnitine treatment reduced the testicular damage score and the number of TUNEL-positive cells significantly, increased the number of PCNA positive cells and also improved the sperm count and viability. L-carnitine may reduce late testicular and spermatic damages caused by cisplatin administration to prepubertal rats by inducing germ cell proliferation and preventing apoptosis. Key words: apoptosis, cisplatin, L-carnitine, PCNA, prepubertal rats, sperm.
PP-89 The Effect of Rosuvastatin Application on the Rat Aortic Smooth Muscle Cells

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3-Hydroxy-3-methyl-glutaryl coenzyme (HMG-CoA) reductase is a glycoprotein responsible for the rate-limiting step of cholesterol synthesis in the mammalian liver and intestine. Statins that inhibit HMG-CoA reductase activity are commonly used to lower plasma cholesterol levels. It is known that statins have some pleotropic properties that protect cardiovascular system independently from lowering serum cholesterol. Here, we aimed to investigate the effect of rosuvastatin, a member of the statin family, on the potassium channel in aortic smooth muscle cells. The rat aortic smooth muscle cells were isolated using the necessary enzymes. Potassium currents were recorded with the entire configuration of the patch clamp. Sixteen different voltage levels were applied between -70 and 80 mV (a 10-mV increment for a depolarizing pulses of 300-ms duration) from a holding potential of -60 mV. The current value of each potential was evaluated by dividing the measured cell into the measured capacitance and all current values are given as the variation of the current density with respect to the voltage. A paired t-test was performed and a p-value less than 0.05 considered as statistically significant. It was observed that the potassium current was increased compared to the control when 1 and 10 µM rosuvastatin was administered on the aortic smooth muscle cells. Our findings revealed that rosuvastatin can activate the potassium channels of aortic smooth muscle cells.
Investigation of Matrix Metalloproteinase-9 C-1562t Gene Polymorphism in Ischemic Stroke Patients

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Stroke, which has emerged as a major health problem, is an important cause of morbidity and mortality. A high proportion of strokes has an ischemic nature for which well-known risk factors as hypertension, hyperlipidemia, diabetes mellitus, ischemic heart disease, atrial fibrillation and smoking. Ischemic strokes occur as a result of an obstruction within a blood vessel supplying blood to the brain. Strong evidence from epidemiological studies has implicated genetic influences in the pathogenesis of ischaemic stroke. The aim of our study is to investigate the possibility of the matrix metalloproteinase-9 (MMP-9) C-1562T gene polymorphism as genetic risk factor for ischemic stroke disease. The study consists of 60 patients with ischemic stroke and 60 healthy subjects. To determine the MMP-9 C-1562T gene polymorphism, the polymerase chain reaction and the restriction fragment length polymorphism (RFLP) methods were used (CC; 435 bp, CT; 435, 247 and 188 bp and finally TT; 247 and 188 bp). MMP-9 C-1562T genotype distributions in the patient group were CC = 66,67%, CT = 30,0% and TT = 3,33 % and in the control group were 68,33%, 31,67% and 0%, respectively. In our study groups there were not any significant differences between the patients and control groups were found (p>0.05). In conclusion, our data do not support any association between the MMP-9 C-1562T gene polymorphisms and ischemic stroke disease in Turkish population in Trakya region.
PP-91 Novel PARP-2 Inhibitor Scaffolds Developed by Dynamic Structure Based Pharmacophore Approach

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ADP-ribosyltransferases (ARTs) represent a large family of enzymes containing 17 members at least, and they can modify their target proteins by ADP-ribosylating. PARP-2 is the second member of this family. The discovery of PARP-2 is the results of the uncovering of residual DNA-dependent PARP activity in PARP-1 deficient mouse fibroblasts. Poly (ADP-ribose) polymerase (PARP) inhibitors comprise a group of anticancer agents that target the DNA damage response pathways. As an example, olaparib as a potential drug was recently approved as the first PARP1/2 inhibitor to treat advanced ovarian cancer in women with defects in the BRCA1/2 genes. Over the last decades, enormous number of PARP-1 inhibitors have been found,10 the majority of which mimic to some degree the nicotinamide moiety of NAD+ and bind to the donor site of the protein. However, it is certainly clear that further studies of the determinants of the PARP-2 recognition features are necessary to develop novel and more selective PARP-2 inhibitors. In this study, a dynamic structure-based pharmacophore approach was applied to establish new PARP-2 inhibitory activity. A virtual screening of the available compounds databases was performed using the pharmacophore models generated, and the top scoring compounds identified by molecular docking studies were validated through an in vitro PARP-2 inhibition assay.
Nanotechnology is an interdisciplinary technology that is widely used to research materials at the nanoscale. If the dimensions of the modified nanoparticles are <100 nm, these materials are called nanoparticles (Nel, Xia et al. 2006). Cellular mechanisms that play a role in the production of the ROS, which is caused by nanoparticles, are still not fully understood. Some studies have shown that toxicity-induced apoptosis or necrosis of the cell may develop before ROS occurs (Wang, Mercer et al. 2010). Exposed of high-dose single-walled nanotubes of keratinocytes and bronchial cells caused changes in ROS, lipid peroxidation, mitochondrial dysfunction and cell morphology (Shvedova, Castranova et al. 2003). A study of silver nanoparticles of different sizes showed that there is a relationship between JNK and ROS types, which are mitochondrial apoptosis mechanisms, in NIH3T3 fibroblast cells (Hsin, Chen et al. 2008). Material Methods: The MTT assay was used to measure mitochondrial activity as previously described but with minor modifications (Mosmann 1983). Optical density was read on a microplate reader at 550 nm, with a reference at 655 nm (Tecan M200 Instruments, Inc.). Viability was calculated as the ratio of the mean of OD obtained for each condition to that of control condition. Conclusion: It has been observed that when the exposure time increases in both cell lines, doses of administration increased. Our results indicate that the Ag NP were distributed in the cells differently and caused different levels of DNA damage in two types of cancer cells.
Across the globe, humans are exposed to particulate matters which originates from any activity involving burning of materials or any dust generating events such as volcanic ashes, dust storms, other natural processes. With the continuous reign of nanotechnology, research shows that nanoparticles may have adverse effects and potential adverse impacts on human health. In the first in vivo studies, applying micro and nano-sized SiO2 particles in rat brains resulted in damage of neurons and induction of inflammation in brain astrocytes (Rees and Cragg 1983). ROS induced apoptosis and mitochondrial membrane depolarization in the HUVEC cell line exposed to 50, 100 and 200 µg/ml SiO2 nanoparticles, whereas apoptosis was not produced at 25 µg/ml (Liu and Sun 2010). Material Methods: The MTT assay was used to measure mitochondrial activity as previously described but with minor modifications (Mosmann 1983). Optical density was read on a microplate reader at 550 nm, with a reference at 655 nm (Tecan M200 Instruments, Inc.). Viability was calculated as the ratio of the mean of OD obtained for each condition to that of the control condition. Conclusion: It has been observed that MCF-7 and HT-29 cell types increased cell number by becoming resistant to this substance in 48 hr. These results showed that SiO2 exposure exerted toxic effects and altered cell viability. In summary, exposure to SiO2 nanoparticles resulted in a dose-dependent cytotoxicity in cultured cells that was associated with increased oxidative stress.
Nanomaterials are an increasingly important product of nanotechnologies. Mitochondria can release to inhibit pro-apoptotic factors such as cytochrome-c (Liu, Kim et al. 1996), apoptosis-inducing factor (AIF) (Lorenzo, Susin et al. 1999), Smac/Diablo (Chai, Du et al. 2000), endonuclease (EndoG)(Li, Luo et al. 2001).

Material Methods: A mitochondrial apoptosis pathway one apoptosis inhibitor (Bcl-2) and two apoptosis genes (p53 and caspase3) was used to investigate alterations in gene expression caused by exposure to nanoparticles in MCF-7 cells. After treatment with IC50 concentrations of nanoparticles, approximately 5x106 cells were collected for RNA extraction using a Rneasy Mini Kit (Qiagen, Valencia, CA, USA) (Huang, Aronstam et al. 2010). The housekeeping gene GAPDH was used for normalization, and the data were analyzed with the ΔΔCt method. The difference between the Ct values (ΔCt) of the gene of interest and the housekeeping gene was calculated for each experimental sample. Then, the difference in the ΔCt values between the experimental and control samples (ΔΔCt) was calculated (Rosi, Giljohann et al. 2006). The fold-change in expression of the gene of interest between the two examples was equal to 2-ΔΔCt. Conclusion: We demonstrated that nanoparticles induced cytotoxicity, oxidative stress and apoptosis HT-29 cells. The expressions of cell-cycle checkpoint protein p53 and caspase-3 were upregulated, and the antiapoptotic protein, BCL-2, were downregulated by nanoparticles. SiO2 and Ag nanoparticles not induced apoptosis in 48hr.
Biodistribution of Nanoparticles and Caspase-9 Expression changes in HT-29 and MCF-7 After 24 and 48 Hour Exposure

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Nanomaterials are chemical substances or materials that are manufactured and used at a microscopic scale. Smac protein binds to proteins that are apoptosis inhibitors and initiates caspase-9 activation. Activation of caspases is one of the essential steps in the apoptosis process (Thornberry and Lazebnik 1998). Material Methods: A mitochondrial apoptosis pathway caspase nine was used to investigate alterations in gene expression caused by exposure to nanoparticles in MCF-7 and HT-29 cells. After treatment with IC50 concentrations of nanoparticles, approximately 5x106 cells were collected for RNA extraction using a Rneasy Mini Kit (Qiagen, Valencia, CA, USA) (Huang, Aronstam et al. 2010). The housekeeping gene GAPDH was used for normalization, and the data were analyzed with the ΔΔCt method. The fold-change in expression of the gene of interest between the two samples was equal to 2-ΔΔCt. Conclusion: Caspase-9 might contribute to the understanding of ZnO nanoparticle-induced toxicity in organisms. Our results demonstrate that nanoparticles induce cell death and caspase-9 activation in MCF- and HT-29 cells, which may be mediated through the ROS and oxidative stress.
Nanotechnology is science, engineering, and technology conducted at the nanoscale, which is about 1 to 100 nanometers. It is estimated that the market share of nanotechnology in 2015 is $1 trillion. (Oberdörster, Stone et al. 2007). In the synthesis of nanoparticles, more than one material can be used as starting material, including alloys, metal oxides, multi-metal oxides, and more. In some of these studies, guinea pigs have also been shown to cause very severe pulmonary inflammation. Guinea pigs were caused very severe pulmonary inflammation (Conner, Flood et al. 1988) (Lam, Chen et al. 1988). One study observed that applied ZnO nanoparticles increased p53 expression in BJ skin cells (Ng, Khoo et al. 2011). The MTT assay was used to measure mitochondrial activity as previously described but with minor modifications (Mosmann 1983). Optical density was read on a microplate reader at 550 nm, with a reference at 655 nm (Tecan M200 Instruments, Inc.). Viability was calculated as the ratio of the mean of OD obtained for each condition to that of the control condition. It has been observed that when the exposure time increases in both cell lines, doses of administration increase. Especially MCF-7 and HT-29 cell types increased cell number by becoming resistant to this substance in 48 hr. Cytotoxicity of ZnO nanoparticle was evaluated in MCF-7 and HT-29. Cytotoxicity of nanoparticle was also compared in short-term and in long-term. ZnO exhibited the highest toxicity, causing inhibition of cell proliferation and cell death.
Natural products are increasingly being studied to explore new alternatives for medical applications, introducing less-side effects and reduced immune system responses. Rosmarinus officinalis L essential oil has already been used as an antioxidant and antimicrobial preservative in food industry and few studied also investigated its effects on cancer cells. As a herbal supplement, it is also being used for digestion problems, in liver and gallbladder complaints, in cases of appetite decline, as well as to improve headache, high blood pressure or age-related memory loss. The aim of this work was to investigate anticancer and apoptotic effects of commercially available oil, produced by flash point closed cup method, at 194°C (Aksu Vital). The GC-MS analysis of oil revealed that it mainly contains alpha-pinene (15%), camphor (15%), cineole (12%) and limonene (8%) while other half is only containing minor constituents. The antiproliferative and apoptotic activities were investigated in ovarian cancer cell line OVCAR-3, using regular trypan blue cell count analysis and mitochondrial membrane potential assay for apoptosis. Our results indicates that cytotoxicity of oil is low and the effects only started to be seen after addition of 1% oil extract to the cell line. Average cell number decreased from 73.5 to 31 (x104 cells) (p<0.01) and apoptosis increased from 0.23 to 0.35 (p<0.05) in cells upon addition of 1% oil. These preliminary results show that L essential oil could be a suitable candidate for cancer therapy and further characterization would be beneficial.
Doxorubicin (DOX) is an anthracycline antibiotic that has molecular weight around 543.52 g/mol and a broad-spectrum anticancer drug and is used for many types of cancers. It damages DNA, prevents DNA replication, inhibits topoisomerase II and generates oxygen free radicals. In the clinical application, there are some problems that need to be solved. To be effective, receiving high-dose is necessary because its life and therapeutic index is low. There are some unwanted results of high-dose on normal tissues; especially it induces cumulative cardiac toxicity. In this research, toxicity effects of Doxorubicin on breast cancer cell line (MDA-MB-231) and Human Vein Endothelial Cells (HUVEC) was investigated. This investigation is a preliminary study for drug loading to nanotubes. They are very effective for drug loading and carrying and controlled releasing of drugs. After drug loading same concentrations are going to be applied to the cells. Because of this, the concentration values were given as ng/ml and ug/ml. DOX showed more toxic effect on MDA-MB-231 cells than HUVEC cells. However more morphological changes were seen on HUVEC cells. The effect of DOX on HUVEC and MDA-MB-231 cells by measuring cell viability/proliferation by MTT (3-(4,5-dimethylthiazol-2-yl)-2,5-diphenyltetrazolium bromide) tetrazolium reduction assay. We applied concentrations as 0 ng/ml, 20 ng/ml, 1 ug/ml, 5 ug/ml. In MTT assay, the amount of formazan formed is directly proportional to the number of metabolically active cells in the culture. After application of the concentrations, absorbance values of cells were read 24 hours later as different from the common studies and absorbance values were read at 590 nm.
PP-99 Natural Product “Abs” Has Anti-Cancer Power, and Synergises With 5-Fluorouracil

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Due to side effects of conventional chemotherapeutics, latest research using natural sources to bring more effective and less toxic treatments is a major focus. Ankaferd Blood Stopper (ABS) is a standardized herbal extract mixture prepared from Thymus vulgaris, Glycyrrhiza glabra, Vitis vinifera, Alpinia officinarum and Urtica dioica and known as hemostatic agent. Goal of the study was to investigate the effect of ABS on proliferation of HT29 human colon cancer cell line, and interaction of ABS with 5-Fluorouracil on in-vitro cell cultures. METHODS: We examined the in-vitro effect of various combinations of 5-Fluorouracil and ABS on human colon cancer cell line HT-29. Cell survival rates were determined by MTT assays. First, IC50 values of the treatment groups were calculated. Then, according to the IC50 values, ABS was applied to the cells alone or in combination with 5-Fluorouracil. Efficacy of this combinations were determined by CompuSyn software. RESULTS: Our results show that ABS has anti-cancer power on the proliferation of HT29 colon cancer cells as well as conventional anti-cancer drug 5-Fluorouracil. Additionally, our combination experiments indicated that ABS interacts with 5-Fluorouracil synergistically on human HT29 colon cancer cell growth.
The Effect Of Combination of Carboplatin with Ankaferd Bloodstopper On In-Vitro Proliferation of Breast Cancer Cells

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Breast cancer is the leading cancer type diagnosed among women worldwide. For the treatment of breast cancer, using combination of multiple drugs instead of a single treatment has been proven to be more effective by various studies. Anticancer activity of each individual herbal constituent of Ankaferd Bloodstopper (ABS) has been shown in many reports. Our study had two basic aims. The first aim was to assess the effect of ABS on in vitro cell viability of MCF-7 human breast cancer cells. The second aim was to evaluate the interaction of ABS with conventional anticancer drug Carboplatin on the same in vitro human cancer model. ABS and Carboplatin were used for in vitro treatment of MCF-7 cells. The cell viability was determined using MTT assay. CompuSyn program was used to examine the interaction between ABS and Carboplatin, which automatically analyzes whether two or more drugs have additive, synergistic or antagonistic interaction based on the combination index and median effect equations. The mRNA expression analysis were performed by RT-qPCR assay. According to our results obtained from MTT tests using MCF-7, coadministration of Carboplatin with ABS showed various levels of synergistic anticancer activities when compared with individual treatments. Combination of ABS with Carboplatin showed an effect on the apoptotic mitochondrial pathway genes, and it has been found that the combinations statistically increased Bax and P53 gene expressions of MCF-7 human breast cancer cells.
PP-101 Correlation of E-Cadherin/Beta Catenin Expression with Localization in Squamous Epithelial Cell Carcinoma and Basal Cell Carcinoma

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E-cadherin is an adhesion molecule regulated by calcium that is mainly released from normal epithelial tissue. Selective loss of e-cadherin may cause differentiation and spread of carcinoma. Beta-catenin is a protein with dual function regulating cell-cell adhesion and gene transcription coordination. The aim of this study is to determine whether e-cadherin and beta-catenin levels in cases with squamous epithelial cell cancer observed in certain regions of the body vary according to the patient’s age, gender, tumor localization and tumor type.

The study completed a retrospective histopathological assessment of squamous epithelial cell tumors obtained from the skin with localization in a variety of areas of the facial region for patients who applied to Ordu University Education and Research Hospital. A total of 18 samples were used. When assessing the regional localization of tumors of individuals included in the study, classification was in 3 groups with Group 1 the eye and other regions of the face, Group 2 the ear and nose region and Group 3 other regions of the body.

In terms of the characteristics examined in the study, there was no difference between age distributions (p>0.05). Additionally, beta-catenin scores did not vary according to sex (P=0.930), localization area of the sample (P=0.751) and tumor type (P=0.442). It was determined that e-cadherin did not vary according to sex (P=0.787), localization area of the sample (P=0.132) and tumor type (P=0.598).
PP-102 Developments of Digital Mammography Technology: Tomosynthesis and Contrast-enhanced Mammography
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Mammography is one of the main modalities of the breast imaging. New technologies of mammography are being used in radiology practice wide-spread. The main objectives of breast imaging are to increase cancer detection rates, to reduce unnecessary biopsies, and to reduce over diagnosis and over treatment. Most important developments of digital mammography technology are tomosynthesis and contrast enhanced mammography (CEM). Tomosynthesis is a modified digital mammography system. Tomosynthesis technology facilitates lesion detection and characterization by eliminating glandular tissue superposition with three-dimensional cross-sectional imaging. Breast tomosynthesis is now widely used alongside mammography as a complementary screening tool with valuable contributions, such as revealing occult lesions due to glandular superposition, potentially reducing false-positive findings. CEM provides to detect angiogenesis. Dual energy contrast-enhanced mammography provides two separate image sets: low energy images which similar with mammography, and high-energy images which show Iodine contrast agent. Previously reported studies, as well as the current data, collectively indicated that contrast-enhanced mammography may provide fast and accurate breast lesion detection and characterization. CEM may reveal multiple pathological foci within the breast and may help patient management decisions, particularly for surgical procedures that similar with breast MRI.
Case: A 42-year-old asymptomatic woman underwent screening mammography that revealed suspicious microcalcifications at upper outer quadrant of the right breast. Mammography guided stereotactic 10G vacuum assisted biopsy was performed. There was no complication during the biopsy. Patient received discharge with compressive bandage and advised to return if there is any complaint. One week after the biopsy, the patient presented with a palpable mass and vibration feeling over the mass in her right breast. Ultrasonography revealed a 3x1,5 cm well-defined pulsatile anechoic mass. Color Doppler showed turbulent blood flow in the mass connected through a track to an adjacent artery. Simultaneous probe compression was performed under the sonographic guidance, thrombosis was not obtained. Patient transferred to Interventional Radiology unit and thrombin was injected with 22 G needle into aneurisym cavity under sonographic guidance. After one week, the patient presented with decreased hematoma size on sonography. Discussion: Iatrogenic pseudoaneurysm of the breast is a rare complication of percutaneous large-core needle biopsies. Cases are reported in the literature of breast pseudoaneurysms secondary to trauma, biopsy and surgery. Spontaneous thrombosis depends on the size of pseudoaneurysm, length of the communication with the arterial vessel and anticoagulative state of the patient. The recognition of clinical signs during the procedure and use of Doppler US can offer an early diagnosis and greater chance of successful nonsurgical occlusion.
Fat necrosis within the breast is benign non-supurative inflammatory process of adipose tissue. It may be seen as a result of trauma but most cases are seen after surgery or radiation therapy. Fat necrosis within the breast may be a challenging diagnosis because of having a wide variety of presentations as lipid cysts, coarse calcifications, focal asymmetries, microcalcifications or spiculated masses on diagnostic imaging. Herein, we describe the manifestations of fat necrosis on mammography, sonography, and MRI.
PP-105 Intaductal Papilloma in Childhood

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Intraductal papilloma is a benign lesion which is an epithelial proliferation within the ductus. It is uncommon in childhood. They are usually located subareolar so it is often difficult to palpate. In the pediatric age, ultrasound is the best imaging tool and magnetic resonance imaging is the other essential diagnostic modality without radiation exposure.
PP-106 Psoas Muscle Metastasis from Cervical Carcinoma: Diagnostic Features on Diffusion-Weighted MRI

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Invasive cervical carcinoma is the third most common gynecologic tumor and 30% of cases are lost due to recurrence or persistence. Psoas muscle metastasis is rare and the reported cases in literature are not numerous. We present the imaging findings of an unusual case of cervical carcinoma.
Subareolar breast abscess which is a complication of mastitis, may have similar symptoms with breast carcinoma. Diagnostic imaging is useful at the differential diagnosis of abscess with other pathologies, especially malignancy. We will present a case who admitted to our department with palpable mass and nipple retraction without any clinical inflammatory symptoms.
PP-108 An Unusual Presentation of Carcinoma Erysipeloides that Mimics Radiation Dermatitis

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Cutaneous metastatic carcinoma, also known as carcinoma erysipeloides (CE), is an unusual clinical finding so it can be easily misdiagnosed as radiation dermatitis which is a common condition after radiotherapy in breast cancer treatment. Awareness of CE and accurate differential diagnosis of this disease by radiological and histopathological findings gives the opportunity to establish an early and appropriate treatment.
PP-109 Tuberculosis Mastitis
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Primary tuberculosis of the breast is a very rare disease. It usually occurs in female of reproductive age. Any form of tuberculosis mastitis may present with feature of malignancy. Diagnosis is mainly based on identification of the bacilli. We report a 29-year-old woman with primary tuberculosis mastitis of the breast. She responded to anti-TB therapy postoperatively. In endemic area, tuberculosis should be considered in the differential diagnosis of breast tumors.
PP-110 Bilateral Anomalous Origin of Occipital Arteries from the Internal Carotid Artery

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Variations among the external carotid artery (ECA) system and its branches are common and usually incidental findings. However ignoring these anomalies could cause unexpected complications. Variation of occipital artery arising from the internal carotid artery is rare. Bilaterality of this variation is much more rare and there are only three cases reported previously. We report a case of bilateral occipital artery arising from internal carotid artery, detected as an incidental finding in a routine CT angiography. To the best of our knowledge our case is the fourth case with bilateral occipital artery arising from ICA.
A Rare Case of Stress Fracture: Isolated Proximal Fibula Stress Fracture

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Stress fractures are classified as fatigue fractures or insufficiency fractures. Fatigue fractures are caused by abnormal stress on the normal bone, as seen in athletes. Insufficiency fractures are caused by normal stress on a deficient bone, as seen in elderly and postpartum women. Isolated stress fractures of proximal fibula is rare and only reported in military recruits and athletes. We report a isolated proximal fibula stress fracture in a women with mild osteoarthritic changes. A 55 year old housewife referred to our department with a suspicion of pathological fracture in left fibula. A magnetic resonance investigation carried out and no mass around the fracture site was discovered. Only a stress fracture in the head of fibula was detected. Even though isolated proximal fibula stress fracture are reported in athletes and military recruits, rare in general population and hence index of suspicion is low. But should be kept in mind when making a differential diagnosis list.
PP-112 Bilateral Giant Fibroadenoma of Breast in an Adolescent
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Fibroadenomas are benign lesions of breast commonly found in young age group. These focal tumours contain both mesenchymal and glandular tissue. Giant juvenile fibroma of breast is rare variant of fibroadenoma found usually in less than 20 years of age. They present with rapid enlargement of single or multiple, discrete, painless large nodule of breast. We report a 17-year-old girl who presented with large bilateral breast lumps for two months. FNAC showed features of juvenile fibroadenoma. Giant juvenile fibroadenomas are characterised by rapid enlargement of encapsulated mass. The aetiology is unknown, although end-organ hypersensitivity to normal level of estrogen is postulated. We present a case of bilateral giant juvenile fibroadenoma for its rarity.
PP-113 CT Demonstration of Bilobar Bronchial Atresia

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A 46 years-old Male patient was administered to our emergency department with tachypnea, dyspnea and productive cough. Laboratory findings were in normal limits. Contrast enhanced computed tomography (CT) was performed to identify the cause of his symptoms. Axial lung window (figure 1a,b) and sagittal soft tissue window CT (figure 2) images of the patient showed tubular non contrast enhanced lesions (arrows), which are consistent with mucus impaction of superior segmental bronchus of the right lower lobe and posterior segmental bronchus of the right upper lobe. Also slightly decreased attenuation was noted through the superior segment of the right lower lobe. Based on these radiological findings, the diagnosis of bronchial atresia was made. Bronchial atresia is a congenital anomaly of bronchial system, which may involve lobar, segmental or subsegmental bronchus. CT is the best modality to detect bronchial atresia. Although rare, there are proficient amount of cases in English literature. However by our knowledge, ours is the first bronchial atresia case with bilobar involvement.
PP-114 Endovascular Thrombectomy in Acute Basilar Artery Occlusion
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The natural history of basilar artery occlusion (BAO) is devastating, with morbidity rates increasing up to 80%. However, the efficacy of recanalization therapy for BAO has not been established as yet. But with the advances in the endovascular means these rates are declining. In endovascular treatment two different methods are used for thrombus extraction; mechanical thrombectomy with retractable stent and direct aspiration. We report two cases which direct aspiration method was applied successfully. Because of the important perforating arteries arising from basillary tip, fast and successful recanalization of the basillary artery is crucial. Direct aspiration method is an effective method in recanalization of basilar artery.
Primary neuroendocrine tumor of breast is a very rare cancer type. The correct diagnosis and the differentiation of these tumors from carcinoid tumors and small cell carcinoma metastases is important for the correct planning of treatment management. In this case we presented mammography, ultrasonography and MR findings of the patient with primary neuroendocrine tumor of the breast.
Biliary cystadenocarcinoma is a very rare malignant cystic tumor of the liver. It is thought to be the result of malign transformation of the biliary cystadenoma. Because of the clinical and radiological findings are not specific, it can be usually diagnosed histopathologically. In this study, we present the differential diagnosis of biliary cystadenocarcinoma with clinical and radiological findings.
Introduction and Purpose: Meckel's diverticulum is the most common congenital malformation of the gastrointestinal tract and occurs in 2-4% of cases (1). Frequently asymptomatic, the complication rate is 4-6% (2). We present the imaging findings of the case of the meckel diverticulum which is a rare umbilical anomaly in this study.

Findings: 49 years old patient was admitted to our hospital with abdominal pain and melena. The patient had gastrointestinal bleeding 10 years ago due to duodenal ulcer. No significant pathology was detected in laboratory values. Endoscopy and colonoscopy were normal. In the CT enterography for the examination of the small bowel pathology, a bowel segment compatible with a 20 cm length Meckel diverticulum which is originating from the ileum, blind ending, extending from the defect in the umbilical area to the subcutaneous space was seen.

Discussion: Meckel's diverticulum is a congenital malformation in the antimesenteric part of the small intestine, usually 3-6 cm in length, 30-90 cm away from the antimesenteric part of the small intestine (3). Bleeding is one of the frequent presentations of the Meckel diverticulum (1). Littre hernia is a rare Meckel diverticulum extending to the umbilicus (5).

Conclusion: Although Meckel's diverticulum is not common, CT examination can show diverticula and possible accompanying complications in patients with clinical suspicion.
PP-118 A Case of Prominent Stoma Prolapse Protruding to Stoma Bag: CT Findings

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Introduction and Purpose: Stoma opening is one of the commonly used surgical procedures. 36% colostomy, 32% ileostomy and approximately 32% urostomy are performed. Although many stomas are opened to improve the quality of life, they can cause a significant decrease in quality of life and even social isolation when the complication occurs. In this study, we aimed to present the CT findings of our case with prominent stoma prolapse.

Findings: A 78-year-old male patient was admitted to our hospital due to ileus. He had a story of Miles procedure and descending colon level stoma opening due to rectal cancer. CT examination showed enlargement of the small intestine and stoma prolapse extending from the skin to the stoma bag about 15 cm in the left lower quadrant. There was minimal free pelvic fluid but no evidence of perforation found.

Discussion: Stoma prolapse is one of the late complications and estimated to be 2-26% of incidence. This wide range depends on the bowel level and the surgical technique. As prolapse can be corrected manually, surgical treatment is recommended to prevent ulceration and strangulation when there is prolapse in permanent stoma.

Conclusion: Stoma prolapse is one of the late complications of stoma opening. Although it can be diagnosed easily with inspection, CT may be useful in diagnosis of patients whose quality of life may be worsened to social isolation.
Adenosarcoma of the uterus is a rare tumor containing benign epithelial and malignant mesenchymal components. Adenosarcoma accounts for 8% of all uterine sarcomas. We report three cases of uterine adenosarcoma with magnetic resonance (MR) imaging findings and clinical presentation. Uterine adenosarcoma typically presents as a large solitary, sessile and polypoid mass extending to the internal os and vaginal cavity with the characteristics MRI findings as multiple small cystic areas on T2 weighted sequences and similar intensity compared to myometrium after contrast administration. Uterine adenosarcoma should be considered in the differential diagnosis of patients with similar MRI findings formerly stated.
PP-120 Sinonasal Rhabdomyosarcoma in an Adult Patient: A Case Report

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Rhabdomyosarcoma (RMS) is a malignant tumour arising from immature mesenchymal cells, committed to skeletal muscle differentiation. It is more often seen in the pediatric population and constitutes less than 1% of all malignancies. RMS of the paranasal sinus accounts for 10% to 15% of adult head and neck RMS. We report on a patient who presented to the Ear-Nose-Throat clinic with epistaxis, anosmia and change in voice. Imaging studies revealed a solid mass filled left nasal cavity, left ethmoid and frontal sinuses. The patient underwent nasal endoscopy for biopsy. Biopsy result was compatible with RMS. The patient was treated with chemoradiation therapy.
Unilateral Silent Sinus Syndrome Presenting with Long Term Unilateral Nasal Obstruction

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Silent sinus syndrome (SSS) is a rare condition characterized by unilateral enophthalmos, hypoglobus and maxillary sinusitis. In this paper, we presented a rare case of unilateral SSS in an 52-year-old man. Case Presentation: Paranasal sinus computed tomography (CT) was performed for a 52-year-old man patient who admitted to the ear-nose-throat polyclinic with a complaint of long-term nasal obstruction on the right side. On CT examination revealed right osteomeatal complex obstruction, medial and anterior wall displacement of the right maxillary sinus, fluid localization within the sinus, and lateral displacement to the middle turbinate at this level. Discussion and Conclusion: Osteomeatal obstructions caused by anatomical causes or sinusitis cause negative pressure and collapse within the maxillary sinus. Usually asymptomatic in patients who do not have trauma or surgical history. Decreased maxillary sinus volume, increased orbital volume, maxillary sinus air-fluid level and mucosal thickening are radiological findings. Gold standard treatment to restore sinus function is functional endoscopic surgery with antrostomy and uncinectomy. Clinical suspicion is required in the diagnosis of the disease, and if unilateral enophthalmos, nasal obstruction, diplopia, developed over time in a patient without trauma and surgery, the SSS on differential diagnosis should come to mind. In conclusion, SSS is a rare syndrome and requires a multidisciplinary approach and complications can be prevent in the event of a timely intervention.
Hypothalamic hamartomas are rare, developmentally occurring tumor-like lesions. In this article, we aimed to demonstrate the hypothalamic hamartoma. EEG monitoring with cranial MRI was performed to a 21-year-old female patient who had been on the treatment of carbamazepine, who had been at an increased risk since the age of 6 and had seizures. In the cranial MRI of the patient 15x20x25 mm hypothalamic hamartoma was found in the hypothalamus, hypointense in the T1-weighted images and hyperintense in the T2-weighted images. Hypothalamic hamartomas occasionally are the reason of seizures.
PP-123 MRI Findings of Posterior Reversible Encephalopathy Syndrome in Systemic Lupus Erythematosus

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Posterior reversible encephalopathy syndrome (PRES) is an underrecognized and reversible condition in systemic lupus erythematosus (SLE). It usually effects occipital and parietal lobe. The manifestation of PRES is characterised by headaches, convulsions, altered mental functioning and blindness. Herein, we report the case of a 38-year-old woman, who presented with PRES, as an acute manifestation of SLE. The patient was initially thought to be experiencing an ischaemic stroke, but the diagnosis was later changed. Cranial MRI revealed features consistent with PRES. After the antihypertensive treatment, the radiological findings were totally regressed. In conclusion, the causes of PRES are diverse and the condition should be recognised as an acute emergency manifestation of SLE. It is important that the radiological features are not mistaken for ischaemic stroke as inappropriate treatment could have adverse outcomes.
Inflammatory conditions of the breast are uncommon among benign breast lesions. However, these conditions may mimics to malignant processes with clinical and radiologic abnormalities. These include fat necrosis, ductal ectasia, granulomatous lobular mastitis, diabetic mastopathy, lactational mastitis and abscess. Mastitis showed nonspecific radiological signs. Diffuse skin thickening and increased density favored malignant mastitis while dilated retro areolar ducts and characteristic calcification patterns favored noninfectious forms. Clinically findings is very important. Though most patients with mastitis or breast abscess are treated with empiric antibiotics, core biopsy may be indicated in some cases to rule out malign lesions. This paper reviews a number of inflammatory and reactive breast disorders on which a radiological appears in diagnosis was applied aiming to differentiate.
Hydatid cyst is classified as an helminthic infection caused by Echinococcus granulosus. Hydatid cyst is most common in the liver (65%) and then in the lung (25%). Apart from these two organs, it can be seen in atypical localizations in all parts of the body. The musculoskeletal system is a very rare localization for cyst hydatid. In this case, we aimed to present a case of hydatid cyst detected in the quadriceps femoris muscle in a 36-year-old male patient with an operation history due to hepatic hydatid cyst. Ultrasound and Magnetic Resonance Imaging revealed cystic mass in quadriceps femoris muscle. Diagnosis is difficult in hydatid cysts which are rarely seen, such as musculoskeletal system. As in our case, the hydatid cyst must be kept in mind in the presence of slowly growing cystic lesions in soft tissue in an endemic area.
Pleural solitary fibrous tumor (SFT) is rare, slowly growing mesangial tumor that in the majority of cases are benign. It may be symptomatic depending on its size and localization. It should be remembered that recurrent solitary fibrous tumor of the pleura with malignant transformation may develop. Although there is no characteristic radiological appearance, SFT of pleura should be considered in differential diagnosis of nodular lesions.
PP-127 Small Intestinal Metastasis of Malignant Melanoma

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Malignant melanoma is one of the most common metastatic tumors of the gastrointestinal tract. However, extra-abdominal tumors rarely metastasize to the small intestine. If the patient who diagnosed as malignant melanoma has gastrointestinal tract symptoms, intestinal metastasis should be kept in mind. Abdominal computed tomography of the gastrointestinal tract is quite useful in detecting metastases.
Non-Hodgkin's lymphoma (NHL) is rarely seen with obstructive jaundice. Malignant biliary obstruction usually occurs due to pancreatic cancer, cholangiocarcinoma and metastatic disease. We aimed to present the imaging findings of NHL patient, who was admitted with jaundice and inserted metallic stent for inoperable malignant mass.

Case Report: A 78-year-old female patient was admitted to our hospital with complaints of abdominal pain and jaundice. A metal stent was applied to the patient because of the pancreatic malignant mass at an external center. In our hospital, biopsy performed during endoscopy. The pathologic diagnosis was B-cell Non-Hodgkin's Lymphoma. After the treatment of chemotherapy, pancreatic mass was completely regressed which filled liver hilus and peripancreatic area. Discussion: The occurrence of NHL with obstructive jaundice is quite rare and occurs in 1-2% of cases. Radiologically, differentiating the lymphoma from other primary pancreatic masses may benefit from imaging features such as large size of 6 cm, homogenous mass without necrosis and calcification, and invasive extension. But exact diagnosis can not be made with these criteria. Results: NHL should be remembered in the differential diagnosis of the masses that cause obstructive jaundice, as well as being a rare cause of occlusion.
Intestinal intussusception is a condition which is diagnosed more often in childhood than in adulthood. The treatment strategy in adults differs from the childhood disease as it definitely depends on surgery. In this study we intended to report a HIV (+) case which was diagnosed with intestinal intussusception due to Meckel diverticulum. Case Patient which has been diagnosed with HIV 6 months ago and having antiviral medical treatment has applied to our emergency clinic with the symptoms of abdominal pain and rectal bleeding. In the abdominal CT scan ileal invagination was discovered. In abdominal exploration; bowel intussusception due to meckel diverticulum at 70 cm proximal to ileocaecal valve was seen. Partial bowel resection and anosthomosis was performed on the patient. Conclusion In adults %30 of the small bowel intussusceptions are in a relationship with malignancy and most of them are metastatic. Cystic Fibrosis, bariathric surgery (like Roux N Y oesophagogastrojejunostomy), Meckel diverticulum, Peutz-Jeghers Syndrom, Familial polipozis Coli, Malignant Melanoma, malabsortion syndromes, inflammation in HIV positive patients, gastroenteritis, appendisitis, pregnancy like conditions can be acceptable as risk factors. In our case the patient was having antiviral treatment due to HIV and the patient also had a Meckel Diverticulum. For this reason in HIV (+) patients even if the symptoms like abdominal pain, constipation, rectal bleeding are periodic, in differential diagnosis bowel intusseption should be kept on mind.
PP-130 A Case of Ileus Caused by a Gall Stone
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Bilioenteric fistulas are the abnormal communication between the bile duct system and the gastrointestinal tract that occurs spontaneously and is a rare complication of an untreated gallstone in the majority of cases. These fistulas can cause diverse clinical consequences and in some cases be life-threatening to the patient. In this case, we aimed to show that bile stones may also be the cause of mechanical intestinal obstruction. CASE: A 84-year-old female patient with a diagnosis of cholelithiasis was admitted to our hospital with an abdominal pain, nausea and vomiting. The only abnormality with laboratory findings was mild leukocytosis. CT scan revealed a mass image that caused luminal obstruction in the proximal jejunal segments. At first decompression treatment with a nasogastric tube was applied and a large amount of bile drainage occurred. Explorative laparotomy was performed and a palpable gallstone about 4 cm which obstructed proximal jejunal segment 40 cm distally to the Treitz ligament. In the operation we performed enterotomy, stone extirpation and primary repairment of enterotomy. We suggest maintaining a high index of suspicion for gallstone ileus in any elderly patient presenting with small bowel obstruction, even with a seemingly contradictory surgical history.
A Rare Type of Breast Tumor: Phyllodes Tumor
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Phyllodes tumors of the breast (PTB) are rare fibroepithelial tumors and reported less than 1% of all breast neoplasms in different studies. Traditionally mastectomy has been known as only treatment of malignant phyllodes tumors of the breast (MPTB) however after 1980s breast conserving surgery has become a choise for those patients. With presenting this case, we wish to inform you about this type of breast tumors. Case Forty eight years old female patient admitted to General Surgery Department with a rapidly growing palpable mass in her right breast. In mamography and MRI scan; increased volume of right breast and a multilobated mass was reported. The size of the tumor was measured 25 cms in the longest diameter. In addition a lymph node which measured 3 cm in diameter was seen in infraclavicular region. Core needle biopsy was reported as benign lesions such as chronic inflammation. However we recommended surgery for the tumor. Right simple mastectomy and excision of infraclavicular lymph node was performed and the pathology was reported as malignant phyllodes tumor with high mitotic activity (22/10 HPF). Surgical margins was clear from tumor cells. Conclusion Malignant phyllodes tumors of the breast are rare but have unpredictable behaviour. They can be sometimes aggressive. Removal of tumor with clean margins is very important. It should be noted that clinical progress and scanning findings of the tumor must be taken into account in decision for surgery. There may be false negative results of core needle biopsy as happened in our case.
PP-132 Intraperitoneal Abscess Due to Mezenteric Fibromatosis in Adult Patient

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Even though the most common primer tumor of the mesenter; mesenteric fibromatosis is pretty rarely seen in medical practice, does not metastate but has a highly aggressive progress and has high recurrence rates after surgery. We wish to share with you a recurrent mesenteric fibromatosis case which presented with multiple intraabdominal abscesses. Case: 32 years old female patient has applied to polyclinic with abdominal pain in colic manner that went on for 1 week and a palpable mass in lower abdomen. Abdominal CT, and MR was performed, abscess was seen persistant at the same size and this time a 8x6cm mass neighboring to the abscess was found. When explorative laparotomy was performed on patient; a mass with a pretty agressive outlook that has invased the jejunal mesenter and jejunum was encountered. The mass was resected with the jejunal ans that it was invased to jejunum was anostomosed. After the operation patient’s septic status dramatically regressed. Related mass pathology was reported as mesenteric fibromatosis. Conclusion Even though it does not metastate due to its nature, mesenteric fibromatosis is a pretty invasive tumor. As a result of this invasive character this tumor has a high mortality, morbidity and recurrence rates after surgery(%16); relatively lower recurrence rates after resections with negative surgical margins has been reported.
PP-133 A Rare Cause of Small Bowel Obstruction: Intussusception Due to Gastrointestinal Stromal Tumor

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Stromal tumors of the gastrointestinal tract are controverted tumoral entities which were recently delimited. They were initially identified by immunohistochemical investigation and processing of the gastrointestinal muscular tumors and of the malignant and benign nervous tumors. Intussusception and obstruction is a very uncommon presentation of these lesions because of their tendency to grow in an extraluminal fashion. We report an unusual case of 54 yrs old woman presenting with acute small bowel obstruction, which on exploration was found to be due to ileo-ileal intussusception and the lead point of intussusception was a tumor, which was histologically diagnosed as gastrointestinal stromal tumor (GIST). Case Fifty four years old female patient suffered from abdominal pain, vomiting and constipation symptoms. On physical examination the abdomen was distended, rebound, tenderness was found in the right lower quadrant. An abdominal computed tomography (CT) showed dilated intestines, intestinal intussusceptions on right lower quadrant of the abdomen. Explorative laparotomy was performed. Jejunojejunal intussusception was seen because of tumoral mass. Resection and anastomosis were performed. Pathologic examination of this material showed actin and vimentin positivity, naming the mass as GIST. Conclusion This case presents an unusual malignant cause of adult intussusception and highlights the importance of CT scanning in the accurate diagnosis of this rare entity. We must keep in mind the tumoral lesions in the patients who suffered from intussusceptions symptoms.
Tubular adenomas are rare benign epithelial breast tumors. As tubular adenomas tend not to show excessive epithelial hyperplasia and connective tissue growth, they are called ‘pure’ adenomas. Tubular adenomas are completely sharply circumscribed and contains densely packed tubules. We wanted to examine this rare lesion, often mimic fibroadenomas, by presenting a 45-year-old patient we encountered. Case A 45-year-old woman presented with complaints of left breast mass. As a result of the mammography (MMG), 1.5 cm nodular opacity was detected in the craniocaudal section of the left breast. In breast ultrasonography (US), a heterogeneous hypoechoic nodular lesion of 31 × 13 mm was seen near the areola in the left breast and in the direction 6 o’clock. Ductal ectasia and complicated cysts were suspected in US and dynamic contrast-enhanced magnetic resonance imaging (MRI), but the possibility of intraductal papillomas and ductal carcinomas could not be ruled out. Tru-cut biopsy was performed and fibroadenomatoid changes were detected. When total excision of the lesion was performed, tubular adenoma was detected. Conclusion Diagnosis of breast tubular adenomas is difficult and are usually confused with fibroadenomas. For this reason, definite diagnosis is usually made with surgical excision.
Acute appendicitis is one of the most common causes of abdominal pain that needs surgical treatment. Its presentation as iliopsoas abscess is a rare clinical entity (%14.6). Iliopsoas abscesses can be caused by primary hematogenous spread or secondary adjacent infectious sources. CT and MRI scans can help diagnosis of intraperitoneal and retroperitoneal abscess. Here in we report a case of psoas abscess and enterocutaneous fistula which is diagnosed preoperatively as a complication of acute perforated appendicitis. Case Eighty seven years old male patient presented with enterocutaneous fistula in the right inguinal region. Explorative laparotomy was performed. Inflammation around the appendix and caecum was seen. There was also abscess and a mucinous mass on iliopsoas muscle. Enterocutaneous fistula tract related with caecum was viewed. Right hemicolecystomy was performed as treatment. Pathology of the specimen was reported as invasive mucinous adenocarcinoma of appendix on the background of serrated adenomatous polyp with high grade dysplasia. Mucinous mass on iliopsoas muscle was reported as pseudomyxoma peritonei. Conclusion Recurrent retroperitoneal abscesses, such as an iliopsoas abscess, can be caused by an acute perforated appendicitis or a fistula between the abscess cavity and the appendix. Perforated acute appendicitis and mucinous tumors of appendix can manifest as an iliopsoas abscess without remarkable abdominal symptoms. This means, being suspicious is essential for the accurate diagnose and treatment of appendix neoplasms.
PP-136 Non-Intubated Thoracoscopic Surgery in a Patient with Severe Aspergillosis

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We present a case of VATS performed on a 27 years female patient with emphysema. He had a 15 year history of aspergillosis. In physical exam there was respiratory distress, bilateral wheezing and preoperative pulmonary function tests revealed that; forced expiratory volume in 1 second (FEV1):35%, FEV1/FVC(forced vital capacity)<55%. Chest x-ray revealed the emphysema. For this reason the procedure was planned in an awake patient under thoracic epidural analgesia and adequate sedation. One of the major objectives was to achieve motor block of the intercostal muscles while preserving diaphragmatic respiration. An incision into the chest wall on the operated side caused pulmonary collapse, leading to iatrogenic pneumothorax. During surgery, the intrathoracic vagus nerve blockade was performed with 2 mL of 2% lidocaine to inhibit coughing for at least a 3 hour duration. The hemodynamic data including arterial pressure, heart rate, SpO2, respiratory rate values did not differ before and after the iatrogenic pneumothorax. After the procedure, the patient was asked to breathe deeply and cough to reexpand the collapsed lung. Chest radiography was performed immediately postoperation or the next morning. The chest tube was removed if no air leak was present, a complete re-expansion demonstrated by a chest roentgenogram in a 24-hour period. There were no complications and patient was discharged home on postoperative day 4. Conclusions: We conclude that VATS procedure with aid of TEA is feasible and safety with minimal adverse events.
PP-137 Analysis of 42 Patients Who Underwent Tracheal Resection

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We aimed to analyze the etiology, diagnostic and surgical methods, complications and mortality of the patients who underwent tracheal resection for tracheal stenosis. Between January 2006 and January 2010, 42 patients who underwent tracheal resection and reconstruction was retrospectively analyzed in terms of comorbid disease, etiology of tracheal stenosis, symptoms, the location of stenosis, surgical approach, incision techniques, length of resected segment, types of different suture materials, length of anesthesia and surgery, the ratio of prolonged intubation, morbidities and mortality ratios were analyzed.

The etiology was tracheal stenosis in 30 patients, tracheal tumor in 10 patients, trauma and congenital tracheal stenosis in one each. Symptoms were dispnea, cough, stridor and hemoptysis. Surgical technique was performed through cervical incision (n=36) and cervical incision plus partial sternotomy (n=4) in patients with high tracheal stenosis where the stenosis is lower then complete sternotomy was performed. The morbidities were respiratory insufficiency, secretion retention and atelectasis, pneumonia, sepsis and tracheal re-tenosis. The postoperative mortality was seen in 4(%9.5) patients. The most important issue leading to complication during tracheal surgery is the ventilation and aspiration towards bronchus. The intense collaboration between surgeon, anesthesiologist and intensive care physician is a necessity in order to reduce complication rates and mortality.
In our study, we will present the Osteogenezis imperfecta (IO) occlusion with the fracture at the distal portion of the femur. Case: Fifteen-year-old, height 135 cm, weight 40 kg, blue sclera in cases of physical examination, growth retardation, abnormalities in the limbs were present. The operation was planned because of the fracture of the middle and distal diaphysis of the right femur. Anesthesia cycle and soda-lime were changed considering the possibility of malignant hyperthermia. Endotracheal intubation was performed by intravenous administration of propofol and rocuronium. Anesthesia was administered with propofol via total intravenous anesthesia. Five minutes before the end of the operation, propofol infusion was stopped and neuromuscular blockade was antagonized with sugammadex. There was no complication during postoperative period when enough spontaneous breathing was provided. She was discharged on the fourth day of the postoperative.

IO is anesthetized due to orthopedic operations. Special attention should be paid to exclude associated cardiovascular abnormalities, bleeding disorder, difficult airway or any other comorbidity. An extra gentle care is essential in handling these patients to prevent the complications which can occur in the perioperative period like, fracture of bones and teeth, odontoaxial dislocation, occurrences of hyperthermia, and excessive bleeding. Only thorough preoperative workup and prompt management can improve the outcome in these patients. Figure 1. Right leg shorter than left leg
PP-139 Spinal Anaesthesia for Laparoscopic Cholecystectomy in a Patient with Scleroderma

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Case: We also would like to share our experience with a 38-year-old patient with scleroderma requiring laparoscopic cholecystectomy for recurrent cholecystitis. Preoperative evaluation revealed cough, sputum and effort-dependent respiratory distress, Raynauld's phenomenon and movement restrictions in her extremities. Neck and extremity movements were severely restricted, and she had difficulty opening her mouth. Spinal anaesthesia was planned because of severe pulmonary and multiple visceral involvements, and the patient's restricted mouth and neck movements. The distribution of block remained static at 5 min, but blood pressure decreased from 144/98 to 75/51 mm Hg, and heart rate from 97 to 64 beats/min, although there was no nausea or vomiting. The hypotension responded well to IV ephedrine 25 mg and cholecystectomy, using a laparoscopic technique, was started. The circulation remained stable during the operation (during which 2400 mL of IV crystalloid fluid was given) and into the postoperative period. Surgery (duration 65 min; intra-abdominal pressure limited to 10 cm H2O) was performed easily and uneventfully, causing no respiratory or other difficulty to the patient who followed the whole operation on a video monitor. Conclusion: Spinal anaesthesia with fentanyl-mixed hyperbaric bupivacaine is adequate and safe for elective LC in otherwise healthy patients and minimises postoperative pain and opioid use.
PP-140 Non-intubated Anesthesia on Mastectomy with Severe Lung Disease
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General anesthesia is prefer on modified radical mastectomy operations for anesthesia management. Although, there is complications so serious, in which caused by general anesthesia on cases of severe lung disease, regional methods preference is increased.
Left modified radical mastektomi is planned for woman patient who 57 years-old and 59 kg. She was complianed phlegm and cough and had Chronic Obstructive Pulmonary Disease (COPD) for 20 years. High thoracic epidural anesthesia with slightly sedation is planned for the patient who has pulmonary function tests; forced expiratory volume in 1 min (FEV1):1.38 L, functional recidual capacity (FVC):1.42 L. Taked standing position to patient. We accessed the epidural space through T4-5 by resistance to saline technique and 12 mL 0.25% bupivacaine was applied. Subsequent the epidural position was verified. The operation was started when sensorial block assessed between T1-9 by Pin-Prick test. Pain intensity was evaluated by using a 10 cm visual analogue scale (VAS), where zero represented no pain and 10 cm represented worst possible pain. Additional analgesic was not apply. VAS score of 3. Oxygenated by face mask for up to 90% of periferic oxygen saturation. Fluid was replaced the for hypotension treatment (decreased the mean arterial pressure of 30%) on intraoperative 15th minute. Other hemodynamic parameters were stabil. There was no any complication on postoperative and the patient discharged on 5th.
Non-intubated anesthesia method can apply on mastectomy cases with COPD.
PP-141 Application of Spinal Anesthesia in a Patient with Huntington’s Disease
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Huntington’s Disease (HD) is a rare, adult-onset autosomal dominant inherited neurodegenerative disorder characterized by loss of neurons in Putamen and Caudat Nucleus, hyperkinetic involuntary movements, behavioral abnormalities and cognitive dysfunctions. Gastric content aspiration due to decreased pharyngeal reflexes, abnormal response to barbiturate and succinylcholine administration, generalized tonic contractions, increased response to midazolam and anticholinergic drugs, and prolonged apnea can be observed during anesthesia. Due to the increased risk of anesthesia, anesthesia technique and anesthetic drugs should be selected carefully in this patients. Regional anesthesia is an anesthetic method that can be applied to the patients with HD. However, due to involuntary movements seen in these patients, difficulty in performing regional anesthesia may occur. Therefore, regional anesthesia may need to be applied together with sedation or general anesthesia. In this case, we present the method of spinal anesthesia in a 70 years old patient with HD who underwent surgery due to benign prostatic hyperplasia with current literature.
PP-142 Anesthesia Management in Emergency Conditions in Neurofibromatosis Pregnancy
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Neurofibromatosis (NF) is a genetic, multisystemic disease characterized by autosomal dominant inheritance. In this case report, we aimed to present anesthesia management for cesarean section in neurofibromatosis (NF1) pregnant patient.

CASE: A 25 year old, 75 kg, 168 cm sized patient, gravida 1, parita 0 was operated under urgent conditions due to cesarean section. The patient had no pre-operative disease and did not take any medication. Physical examination revealed that the body had extensive neurofibromas and "café au lait" stains. The neurofibromatosis was diagnosed ten days ago. The patient was mallampati II. No neurofibromas had developed in the mouth. Preparations were made for difficult intubation. The patient underwent standard monitorization. BP: 140/80 mm /Hg, HR: 80 beats / min. After sterile dressing to initiate pregnancy surgery, 2 mg / kg propofol, 0.5 mg / kg rocuronium for anesthesia induction was administered and entubated with ETT: 7.0. Two minutes after skin incision, the baby was removed. Anesthesia maintain was provided with 2% sevoflurane in 50% O2-50% air. Operation without any intraoperative hemodynamic problems. After 45 minutes of surgical procedure, if the patient had spontaneous respiration, the muscle relaxant effect was antagonized and the patient was extubated. CONCLUSION: All preparations must be made for airway safety due to the possibility of difficult intubation in patients with neurofibromatosis.
PP-143 Giant Fibrolipoma of Chest Wall
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Benign chest wall tumors are very uncommon and chest wall fibrolipomas are rarely reported in literature. We report a case of a 38-year old woman who developed a giant mass of the chest wall. A chest computed tomography scan evidenced a solid neoplasm measuring 25 cm in its major axis. A radical excision was performed and the histology was consistent with fibrolipoma. we want to share our clinical experiences and discuss litherature with this giant fibrolipoma case.
The Effect of Hypobaric Hypoxia on Learning and Memory

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Hypoxia is a pathological condition in which the body as a whole (generalized hypoxia) or a region of the body (tissue hypoxia) is deprived of adequate oxygen supply. In this study we aimed to evaluate the effects of high altitude on learning and memory. Learning and memory performances were evaluated by two way active avoidance task. There were three rat groups, hypoxia (n=10), sham (n=9) and control (n=10). Hypoxia group was kept in a hypobaric hypoxia chamber at hypobaric hypoxia conditions for 14 days/24 hours simulating 6000 m altitude circumstances. On the 15.th day learning experiment started and finished on 19.th day. Sham group was kept in the chamber under normoxic conditions for 14 days and than administered to the learning experiment. Sham group whom were kept in chamber under normoxic conditions supplied data for the effect of noise and stress factors on learning and memory performance. Hypoxic group and sham group were kept again under same conditions 10 days and last day they were evaluated for memory performance (one session). Control group was directly tested for learning performance for 5 days and than 10 days later they were tested for memory performance. Evidences indicate that hipobaric hypoxia mimicking atmospheric conditions at 6000 m, does not effect learning performance while it has deleterious effects to memory performance. Results indicate that ascent to high altitude for investigation and research must be limited in terms of time.
PP-145 A Benign Trachea-Esophageal Fistula in a Mixed Case of ICU Survivor
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Foreword Trachea-Esophageal Fistula (TEF) is a communication formed between esophagus and trachea. Malign conditions are most common cause and followed by prolonged weaning, usually due to tissue dis-perfusion between endotracheal tube (ET) cuff and feeding tube placed in esophagus, frequently predisposed by diabetes and corticosteroids. Case A 50 years old female, with type-II diabetes mellitus (25 yrs.) and hypothyroidism (15 yrs.), had intubated for 13 days in an ICU due to severe pneumonia and diabetic ketoacidosis, and discharged to wards, but lung infiltration and dyspnea has progressed, a bronchoscopy revealed TEF, and surgery planned. However, she was found in deep hypothyroid state against thyroid hormone replacement therapy (THRT), and surgery postponed. Meanwhile, a spontaneous pneumothorax and respiratory arrest developed, then she was transferred to our tertiary ICU center. A high gastric pH suspected and confirmed, then ceased PPI treatment and by supported acidification monitored high dose THRT started by both enteral and rectal doses. Endoscopic placement of a soft silicone esophageal stent was introduced shortly after eu-thyroid stage provided. Then, PEG and percutaneous tracheostomy constituted in order to promote weaning stage. Conclusion TEF are uncommon, potentially mortal due to subsequent pulmonary sepsis and mediastinitis. Therefore, deteriorated pulmonary clinic in a patient with prolonged ET intubation history should remind physician about a TEF.
PP-146 A Refractory Status Epilepticus Case Secondary to Autoimmune Encephalitis
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Foreword Status epilepticus continues despite of appropriate treatment can be defined as refractory status epilepticus (RSE), usually requires ICU monitoring and anesthesia. Etiology cannot be defined in 20% of the cases, causes delay in diagnosis and treatment. GAD-ab positivity was detected in 12% of these cases pointing autoimmune encephalitis (AE), which required IVIG and plasmapheresis. Case: A 26 years old male, with migraine history, transferred to ICU due to RSE. A cranial MRI and with angiography evaluated as normal, but with disorganized right hemisphere EEG pattern. Viral and paraneoplastic markers were negative, and CSF analysis as normal and JC-14.3.3 protein was negative. Autoimmune HEP-2/ANA and DSF-70 were positive, on the other hand no concominant finding for SLE encephalitis. GAD-ab was positive then diagnosis decided as AE. After three days of 1g pulse-steroid and then five days of 0.4 g/kg IVIG treatment, patient improved and transferred to neurology ward. Conclusion When RSE concluded as secondary to encephalitis, routine evaluation process should include autoimmune markers, in turn could provide early diagnosis and treatment, and prevent possible neuronal damage.
PP-147 Non-Invasive Evaluation of Anal Sphincter Structures by Means of Endovaginal Probe

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To demonstrate non-invasively the integrity of anal sphincter structures and to show possible vaginal birth related injuries during routine gynecologic examinations by means of endovaginal USG probe. Study Design: The probe is placed in the posterior fourchette of the vaginal introitus at 90 degree angle with horizontal plane and the integrity of external and internal anal sphincter muscles and structure of anal mucosa is investigated

Results: Healthy sphincter imaging is shown in Figure A and damaged sphincter imaging is shown in Figure B. Figures A,B: Ultrasonographic image examples of healthy and damaged anal sphincters

Conclusion: Anal incontinence is frequently seen among women who have given birth. Patients usually do not complaint for anal symptoms during routine gynecologic examinations. Ultrasonography may be a useful method for screening anal sphincter injuries especially in women who hide their complaints. Key words: Anal sphincter, endovaginal probe, anal incontinence.
PP-148 Suicidal Hanging in Eskişehir, Turkey: 25 Year Analysis

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In this study, it was aimed to evaluate the autopsy findings of deaths due to hanging in the last 25 years in Eskisehir province located in western Anatolia and to share them in the literature. The gender, age, scene of crime, the material used for hanging type and hanging, autopsy findings and toxicological findings were examined using the data of Eskişehir Forensic Medicine Branch Directorate and judicial investigation files in that period. It was determined that hanging cases have increased in the recent years. 65.1% of the cases were male 72.1% of the cases were typical hanging. Hanging cases can only be solved by the collective work of crime scene investigators, police officers, prosecutors and doctors.
PP-149 The Evaluation of The Deaths Related to Hypothermy in Eskişehir Between 1997 and 2016

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In this study, it was aimed to investigate the frequency of autopsy findings and the frequency of cases decided to die due to hypothermia in Eskişehir. This study is a descriptive study conducted in the 20 years period between 1997 and 2016 in Eskişehir province by retrospective examination of case files belonging to judicial qualifications. These deaths were included in the study because of the decision to die due to hypothermia. The cases were evaluated in terms of age, gender, location of the body, month in which the body was found, autopsy findings, psychiatric disease history, toxicological examination and death investigation information. It has been determined that in 20 years period, there were 16 deaths due to hypothermia in Eskişehir. All cases were male and mean age (SD) was 62.4 ± 7.2 years. Wischnewsky ulcers occurred in 11 cases (68.8%) due to hypothermia. 9 cases (56.3%) had a history of psychiatric and neurological disease.

Hypothermic deaths are preventable deaths and precautions should be taken to protect against hypothermia in elderly people, homeless people and those with mental illness that will affect the state of consciousness.
Gallstone ileus (GSI) is a rare complication of cholelithiasis. About 1-4% of all ileus are caused by gallstones. Rigler triad (pneumobilia, intestinal obstruction and ectopic gallstones) is pathognomonic. Abdominal computed tomography with i.v.contrast is the most useful method. We aimed to present this case, which we encountered in a 74-year-old male patient, and whose diagnosis was difficult. Case A 74-year-old male patient was admitted to emergency service with epigastric tenderness and nausea. No characteristic finding was detected on the first abdominal x-ray. Gallbladder was seen contracted on abdominal ultrasonography. Three days later, the patient complained of vomiting and a abdominal x-ray graphy was repeated. Contrasted computed tomography (CT) was done because intestine air-fluid levels were seen on x-ray graphy. CT revealed ileus findings in proximal small intestines. The patient was taken operation on the 8th day. A stone that completely obstructed the lumen was seen in the small bowel. Enterolithotomy was performed and a stone of about 5 cm in diameter was removed and intestine repaired as an primer. The patient was discharged on the 8th day post-operatively. Conclusion The most important reason for the delay in diagnosing GSI is that they are not usually suspected. Early diagnosis and early treatment are the most important factors that reduce morbidity and mortality.
Elastofibroma dorsi is a rarely encountered benign soft tissue tumor. It is non-encapsulated, slow growing, and classically located in the the infrascapular region. Due to its characteristic location, the tumor has been named elastofibroma dorsi. Although rare, the tumor can also develop in other parts of the body such as in the lateral chest wall, the axilla, the inguinal region, the stomach and the rectum, and in this case is referred to as elastofibroma. In this study, we present a rare case of a 52 years old female patient with bilateral elastofibroma dorsi treated with surgery. CASE A fifty two years old female presented to our clinic with the complaints of swelling and pain in the lower end of her left scapula. She had been surgically treated for a swelling in her right scapula, which had been diagnosed as fibroelastoma one year ago in another medical center. In her anamnesis, she stated that in the period of past surgery, the lesion in the lower end of her left scapula had been determined by computed tomography (CT), but it was small and non-palpable. On her physical examination, a hard and fixed lesion was palpated in the lower end of her left scapula. Her thorax CT showed a mass lesion of 5x6 cm size, which was located on, but not invading the ribs with margins not clearly discerned. The pre-diagnosis was elastofibroma dorsi, and the lesion, a mass of 8x6x1.5 cm, was surgically removed. The histopathological examination result of the removed lesion was reported as “elastofibroma”.
PP-152 Prevalence of Cellulitis in Our Patients with Lymphedema
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Cellulitis, which is characterized by acute inflammation of the skin and subcutaneous tissue, is considered as an etiologic cause of lymphedema, but it can also be appeared as a complication of lymphoedema from the other side. In this study, we investigated the prevalence of cellulitis in our cases with lymphedema. METHODS: The accompanying data of this research is collected from a screening of 144 patients with lymphedema in our lymphedema clinic. Age, sex, lymphedema cause, chemotherapy and radiotherapy characteristics, lymphedema duration and cellulite treatments of these patients were recorded during this study. Cellulitis developed in the nine (6%) of our 144 cases. The ages of these cases were 30-78 (mean 54.8) and all of them were female. One case of them was primary lymphedema and the remaining 8 cases were secondary lymphedema following breast cancer surgery. The development of cellulitis took an average of 1.6 years after the appearance of lymphedema. The patients with postmastectomy lymphedema were all obese and all of them received radiotherapy or chemotherapy. In our cases, 2 of them were treated with cephalosporin and 7 of them were treated with penicillin derivative drugs orally for 2 weeks.
We should be pay attention to the patients with lymphedema about cellulitis development. Also, if cellulitis findings are detected, general precautions should be taken quickly and antibiotherapy should be initiated.
PP-153 The Role Of The Nurse In Decreasing The Burden Of Care in Cancer
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Nurses care for both healthy and sick patients in all periods of their lives. Professional responsibilities of a nurse include gathering data to find out the problems of the caregiver; to discuss the individual, caregiver and other family members together in care plans; to prioritize the safety of cancer patient and the caregiver in all nursing interventions; to help the cancer patient and the caregiver in decreasing stress, improving the morale and finding ways to gain strength. A nurse should observe the caregiver's knowledge, attitude and behaviors about cancer; should be aware of the disappointment the caregiver can experience about the health of the cancer patient; and should help the caregivers to develop positive attitudes by focusing on their abilities. The nurse can assign the caregivers and by finding out whether the caregiver is having difficulties, the nurse can prevent the individuals from being harmed of the care giving process with suitable nursing interventions. The counseling given by the nurse about where and when the caregivers can get the help and guidance they need supports the caregiver's search for help and helps the caregiver. It is stated that trainings for caregivers of cancer patients by health professionals and the interventions of social support, problem solving and making decisions have positive results in decreasing the stress of the care giver, in maintaining psychological well-being state and increasing the life quality of the patient.
PP-154 Awareness and Usage Patterns of Medipol University Students about E-Pulse Health Information System

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E-pulse is the unique nation-wide health information system of Turkey. This study is planned to detect awareness and utilization patterns of Istanbul Medipol University students about e-pulse system. This cross-sectional study is conducted in 1st-year students of 4-year faculties in İstanbul Medipol University Kavacık Campus. Data was collected with a questionnaire during May-June 2016. Descriptive statistics and chi-square analysis are performed. Total 422 students are included in the analysis. Overall, 50.7% of students heard about e-pulse, 9.3% are registered in the system, 8.4% uses system actively. The most common reason for preferring e-pulse system is to visualize health history while the most common two rationale why they do not use e-pulse is lack of knowledge (35.1%) and preferring to call 182 to take an appointment (30.1%). Compared to other faculty students health related branch students heard e-pulse system more (X^2=96.003; p=0.001) but usage of system (X^2=0.040; p=0.841) or advising the system to somebody (X^2=0.137; p=0.711) are similar between groups. Conclusion: Hearing about the e-pulse system neither guarantee the usage, nor influence recommending the system to another person. Because awareness of Medipol University 1st-year students about e-pulse system is quite low, activities to raise awareness may be suitable.
Determination of knowledge and application levels of Turkish midwives, who work in state hospitals affiliated to a public hospitals association, on the Bill of Rights for Women and Midwives published by the International Confederation of Midwives, and the factors affecting it. The universe of this descriptive study consisted of nurses working in state hospitals affiliated to a public hospital association. Data analysis was performed on the information received from 36 midwives (30%, N=120) who voluntarily participated in the study using improbable sampling method and fully completed the questionnaire. Descriptive statistics, comparison and correlation analyzes were used to evaluate the data. The participants’ mean age was 39.86±6.88 years (min:22, max:50). Their mean working experience was 19.00±8.44 years (min:1, max:31). In addition, 88.6% (n:31) had a training on ethics. The level of awareness in women’s rights and the level of reflecting them into practice were determined as 2.98±0.07 and 2.83±0.48, respectively. The level of knowing midwifery rights and the level of exercising them were found to be 2.88±0.24 and 2.65±0.57, respectively. The level of knowing women and midwifery rights and the level of exercising them were also determined as 2.77±0.46 and 2.54±0.62, respectively. It is recommended that midwives should be employed in the units proper to their professional fields. Since the midwifery is a female profession and the population they serve is also female, it is also suggested that they should be provided with sensitivity trainings to make them advocates of women’s and midwifery rights.
Minimal processing generally refers to the least possible treatment to achieve a purpose. In food technology, there are several purposes namely low microbial count, good texture, stable color, acceptable sensorial properties etc. While these objectives have been traditionally accomplished by using chemical and/or thermal processes, nowadays, these processes are being widely criticized due to some toxic process contaminants occurring in final product. Likewise the increasing consumer demand for safe food without using chemical preservatives also accelerates the use of novel technologies in food production and protection. Pulsed light, aseptic processing, modified atmosphere packaging, irradiation, ozone technology, ohmic heating, ultrasound and high hydrostatic pressure applications are very well-known minimal processing techniques used in food production. The main advantage of these techniques is to increase self-life of the food without causing much change in food quality. In the present paper, the principles of the minimal food processing applications and their positive effects on consumer health are summarized.
PP-157 Bilateral Accessory Nipple and Its Cleft-like Appearance in Videodermoscopy

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Accessory nipples are solitary or multiple rudimentary nipples developing along the two vertical milk-lines. This benign anomaly is also called «polythelia» and occurs in 1-6% of the population. It can affect both genders and usually mistaken as dermatofibroma clinically or dermoscopically. It is important to clarify the diagnosis in probable cases because an association have been reported between accessory nipples and renal-urinary tract maiformations and dermoscopy can be helpful in this regard especially if the cleft-like appearance exists.
The main objective of this study is to review metagenomics applications in microbiome. Microbes have important role in the continuance of life in the world; however, knowledge is limited about the majority of microbes in environments such as, oceans, the atmosphere, soils and our own bodies, because traditional culture methods are not fully applicable for identifying microbes. Metagenomics can be a powerful tool to investigate microbial diversity such as gut and plant microbiome in addition to identify novel functional genes, microbial pathways, antibiotic resistance genes, and interactions and co-evolution between microbiota and host. Studies have showed that the changes of microbiota are related to colorectal cancer, obesity, and gut inflammation problem in human. Recently, there are advance developments in next-generation sequencing technologies, which make possible the analysis of a great number of microorganisms in diverse environments. In microbiome research, the sequencing of conserved 16S rDNA gene present in all microbes and shotgun metagenome sequencing by direct extraction and cloning of DNA from their natural environment provide information with interpretation of microbial composition and genome structure. These methods enable to set metagenomic libraries involving specific functional genes which can be used to explore novel biocatalysts and bioactive molecules.
Macrofungi Used as Anti-cancer Agents in Medicine

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Cancer is one of the leading causes of death in the world. It has taken its place in the medical world as one of the greatest troubles of the century increasing rapidly towards the 21st century. Macrofungi are used both for food and medicine purposes. A number of macrofungi have been shown to anticancer activity like Ganoderma lucidium (Reishi), Lentinus edodes (Shiitake), Grifola frundosa (Maitake). They have been used as an anticancer agent to strengthen the immune system. A few dozen polysaccharide antitumor agents have been developed from such species as: Ganoderma lucidum, Lentinus edodes, Schizophyllum commune, Trametes versicolor and Inonotus obliquus. Some of them are lentynian, schizophyllan and polysaccharide–protein complexes krestin obtained from Lentinus edodes, Schizophyllum commune and Trametes versicolor, respectively that are very popular in the Far East countries. Combinations of some treatments such as chemotherapy, operative, radiotherapy, immunotherapy and photodynamics therapy are commonly used to treat cancer. Macrofungal treatments can be used as an alternative medicine potentially without side effects because of their anticancer metabolite contents. However, it should not be forgotten that they don’t have a condition to treat the tumor, but because of the strengthening the immune system, there are very important effects in medicine. The aim of this work is to draw attention to the medicinal macrofungi used in cancer treatment and to promote their use in terms of public health. Keywords: macrofungi, medicine, anticancer, anticancer metabolites
Evaluation of Antibacterial Activity According to Honey Types Used in Medicine

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The antibacterial activity of honey has been known since the 19th century and it has been used in many cultures for its medical properties as burns, cataracts, ulcers and wound healing. It has been reported to contain about 200 substances, that is composed primarily of fructose and glucose but also contains enzymes, many amino acids, vitamins minerals, trace elements and aromatic compounds. The high sugar concentration, hydrogen peroxide (H₂O₂), and the low pH are well-known antibacterial factors in honey and more recently methylglyoxal and bee defensin-1 were identified as important antibacterial compounds in honey which are known antimicrobial peptides. It has been reported to have an inhibitory effect to around 60 species of bacteria including aerobes and anaerobes, gram-positives and gram-negatives. Honey is used for medical purposes due to its antimicrobial effect in its structure. Honeys are generally classified as monofloral, multifloral and natural beehive honey (Turkishmean=karakovan) but there are various types according to the plant source that the bees collect pollen. The composition of honey varies depending on many factors such as the floral source, climate, environmental conditions and the processing it undergoes as pasteurization or storage. The floral source of honey plays an important role on its biological properties. In this review, it is aimed to evaluate the antimicrobial properties of honeys according to honey types.

Keywords: antibacterial activity, honey, honey types, medicine
PP-161 Investigation of Deaths Due To Firearm Injuries in Eskisehir Between 2009-2015

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It’s reported that there’s a rapid increase in the number of deaths due to firearm injuries in numerous countries. It’s also reported that the most frequent reason of deaths in our country is firearms. The aim of this study is to investigate the differences between cases of deaths due to firearm injuries in Eskişehir, the other cities in Turkey and the related studies in the world. In the department of forensic medicine institute Eskişehir, of the cases of cadaver examination and/or the cases whose autopsies are carried between 2009-2015, 109 are (%5.7) cases of deaths due to firearm injuries. It’s found that %75.2 of 109 cases was male, %24.8 of these cases was female, the rate of cases between 21-40 was high, and the cases whose injuries are in the head-cervical region were composing the first line of incidence. It’s found that in most of the murders, handguns were used, suicides were committed most frequently inside the houses, the origin in the cases of deaths after contact/near contact shots was suicide. In order to reduce the deaths due to firearms, it is necessary to carry out training activities to raise awareness of the society, to revise the conditions of obtaining the gun license and to take more strict measures and to prevent the widespread use of unlicensed firearms.
Could The Cytological Evaluation of Pericardial Effusions Illuminate Our Path?

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Pericardial effusion (PE) is a common clinical condition that can develop as a result of systemic or heart disease. In our study, we synthesized the cytopathological and clinical results of patients who underwent pericardiocentesis due to pericardial effusion. 213 patients who underwent primary percutaneous pericardiocentesis between 2007-2017 were included in the study: cytologic and histopathologic diagnoses were noted and their relations were examined. 132(61.9%) cases were male, 81(38.1%) were female and the mean age was 59.9(min 13 - max 97). According to cytologic findings; 168(78.9%) had benign cytology, 10(4.6%) had suspicious cytology, 3(1.4%) had non-diagnostic and 32(15.1%) had malignant cytology. Malignant cytology findings were interpreted as 19 (59.6%) lung carcinoma, 1(3.1%) rhabdomyosarcoma, 2(6.2%) poorly differentiated adenocarcinoma, 4(12.5%) gastrointestinal system related carcinoma, 1(3.1%) undifferentiated epithelial tumor, 1(3.1%) breast carcinoma, 1(3.1%) bronchial related carcinoma and 3(9.3%) malignant tumor which were not specified. In developed countries, it is reported that more than 50% of the PE’s are idiopathic. The percentage of cancer-associated PE’s are 10-25%. In our study, 78.9% were benign and 15.1% were malignant PE consistent with the literature. Cytological sampling in pericardial fluid is a method that can shed light on the diagnosis of many diseases.

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PP-163 Spacer Epidemiology of *Salmonella typhimurium* LT2

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Some sequences of infectious phages genoms were kept in CRISPR locus of some prokaryotic chromosomes or plasmids to use as anti-sens RNA defense tool against new viral invasions. *Salmonella typhimurium* LT2 is a gastroenteritis and sepsis agent in immunodeficient patients with fast resistance to antibiotics. We investigated spacer epidemiology of the bacterium to use the information in development of phage drug.

**Methods and Results:** The CRISPR repertoire was retrieved from “http://crispr.u-psud.fr/Server/CRISPRfinder.php” server by programmatic access. Total 55 spacers were found, which were distributed in three separate CRISPR islands as 6, 17 and 32 spacers, respectively. Each spacer was run against nr-Nucleotide database to retrieve viruses/phages and *Salmonella* subspecies and strains with significantly similar inserts. Several viruses and 57 *Salmonella* subspecies were collected. Spacer load of the subspecies' first and second islands were 35-45% and 18-30%, respectively. Distribution of the spacers among the *Salmonella* subspecies at serovar level was manually analyzed. 4 out of 57 subspecies were carrying 96%-40% of the spacers. 22 out of 57 *Salmonella* subspecies with variable number of strains were carrying at least one homologs spacer of one of the serovar's first or second island spacers. Distribution of serovar's first and second island spacers among strains and subspecies were determined, and found that only 2,5% of the *Salmonella* subspecies and only 1/15 of them were carrying much of the spacers, suggesting the pathogens were showing tropism to serovar.

**Conclusion:** In development of phage drug against *Salmonella typhimurium* LT2 serovar; (1) lambda phage drug should have structural proteins found in specie specific phages; and (2) spacer in serovar's first or second islands should be engineered to target serovar specificity.
PP-164 Endothelial Cells May Develop Different Inflammatory Response and Different Expression Profiles of Atheroprotective Genes against High Concentration of D-glucose and/or Insulin

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Endothelial cells are in vitro activated in response to high concentration of glucose and/or insulin levels similar to that found in blood of insulin dependent diabetes mellitus, insulin independent DM, and impaired glucose tolerance patients. The in vitro activated cells and endothelium of the patients express atheroprotective genes such as A20, A1 and HO-1. Chronic activation in patients initiates immunovascular lesions. It is not clear whether endothelial cells respond differently to different diabetes types. Methods: Mouse aortic endothelial cells (MAE) are in vitro exposed to 33mM D-glucose and/or 125 uIU insulin/ml, which mimic IDDM, IIDM and/or IGT patients plasma conditions. mRNA and protein expression levels of A20, A1 and HO-1 genes in differentially activated cells are measured by semi-qRT-PCR and intracellular fluorescent microscopy, respectively. Inflammatory response is measured by counting adhered monocytic RAW264.7 cells to the differentially activated endothelial cells under light microscope. Results: The A20, A1 and HO-1 mRNAs were expressed in 3, 1.5 and 0.7 relative ratios, respectively, in MAE which was exposed to 33mM versus 5mM D-glucose. High-glucose-activated cells bind 1.8 X times more monocytic cells. Conclusion: Currently the study continues. The results will reveal whether endothelial cells respond differently to different diabetes types, which is important in developing feasible pharmaceutical approach against different diabetes types.
PP-165 Design of High Affinity PARP-10 Inhibitors Developed by Dynamic Structure Based Pharmacophore Approach

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Poly (ADP-ribose) polymerases (PARPs), regulate gene transcription by altering chromatin organization by adding ADP-ribose to histones and PARP10 is the tenth member of them. PARPs can also function as transcriptional cofactors. Poly (ADP-ribose) polymerase (PARP) inhibitors comprise a group of anticancer agents that target the DNA damage response pathways. Over the last decades, enormous number of PARP inhibitors have been found, 10 the majority of which mimic to some degree the nicotinamide moiety of NAD+ and bind to the donor site of the protein. It is certainly clear that further studies of the determinants of the PARP-10 recognition features are necessary to develop novel and more selective PARP-10 inhibitors. In this study, a dynamic structure-based pharmacophore approach was applied to establish new PARP-10 inhibitory activity. The top scoring compounds identified by molecular docking studies were validated through an in vitro PARP-10 inhibition assay. A series of novel quinazoline-2,4(1H,3H)-dione derivatives was designed that bound to the PARP-2. For each ligand, MD simulations in explicit water were performed using the Amber package, v12. Systems were solvated with TIP3P water molecules in a truncated octahedral box, counter ions were added to neutralize the system net charge, and the periodic boundary conditions were applied. The Langevin temperature equilibration scheme was applied to keep the temperature constant (300 K) and a constant pressure of 1 atm was used. GROMACS was used to achieve the trajectory analysis. The docking studies were performed using AutoDock 4.2. The protein regained from the crystal structure binding to PARP-10 was used to define the binding site. The pharmacophore models based on the interactions between the PARP-10 catalytic domain and different inhibitors during MD simulations provided new insights in the ligand binding mode. Introducing the pyridine ring into the spacer improved the structural novelty and conferred this series of inhibitors with distinct physicochemical properties.
Objective: Survivin is a bifunctional protein which regulates cell division and inhibits apoptosis. Survivin is a member of the inhibitor of apoptosis (IAP) gene family. Expression of survivin was shown to be responsible for apoptosis and resistance to ionizing radiation. The aim of the present study is to investigate the -31 G/C promoter polymorphism.

Methods: In this study, DNA was isolated from sections obtained from the paraffin-embedded samples of 29 patients diagnosed with glial tumors. Survivin gene promoter -31 G/C polymorphism was investigated by means of PCR-RFLP.

Result: Tumour grades correlated with survivin protein; however, the correlation was not statistically significant (r=0.345; p>0.05).
Assessment of Survivin and Ki67 in Glial Type Brain Tumors

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Objective: Antigen Ki-67 is a nuclear protein that is associated with and may be necessary for cellular proliferation. Furthermore, it is associated with ribosomal RNA transcription. Inactivation of antigen Ki-67 leads to inhibition of ribosomal RNA synthesis. The Ki-67 protein (also known as MKI67) is a cellular marker for proliferation. It is strictly associated with cell proliferation. During interphase, the Ki-67 antigen can be exclusively detected within the cell nucleus, whereas in mitosis most of the protein is relocated to the surface of the chromosomes.

Our aim in this study was to find the ratio of Ki-67 in glial tumors and to investigate its relation with brain tumors. For the analysis, 10 µm sections were stained with survivin protein and Ki-67 antibody. Immunohistochemical staining was performed.

Result: The survivin protein showed a positive correlation with Ki-67 (r=0.604; p=0.001). Tumour grades correlated with survivin protein; however, the correlation was not statistically significant (r=0.345; p>0.05).
Survivin is a protein that is a member of the apoptosis inhibitor family (IAP), a protein that negatively controls apoptosis (programmed cell death). In the absence of survivin, an increase in tumor growth and apoptosis was observed. This information allows survivin protein to be seen as a new target in cancer treatments.

In this study, we aimed to determine the possible sites of methylation in the exon 1 region of the survivin gene after DNA isolation and bi-sulphite modification in normal and tumor paraffin-embedded tissues of 42 lung cancer patients by using MethPrimer, which is a web-based program and designing specific primers for this region by Methylation Specific PCR investigate and associate with in adenoma type lung cancer.

In our study, 42 samples were used for the survivin genes were not found to be methylated in the exon 1 region and methylation was decreased in the tumor worms. In addition, immunohistochemical staining of these specimens showed that survivin protein was also increased compared to normal tissue. With almost no work done in this area, it is thought that the existing methylation may affect the course of the disease, and the decrease in methylation may also affect the response to treatments such as chemotherapy and radiotherapy.
Survivin is a member of the inhibitor of apoptosis (IAP) family. The survivin protein functions to inhibit caspase activation, thereby leading to negative regulation of apoptosis or programmed cell death. This has been shown by disruption of survivin induction pathways leading to increase in apoptosis and decrease in tumour growth. The survivin protein is expressed highly in most human tumours and fetal tissue, but is completely absent in terminally differentiated cells. These data suggest survivin might provide a new target for cancer therapy that would discriminate between transformed and normal cells. Survivin expression is also highly regulated by the cell cycle and is only expressed in the G2-M phase.

In this study, we aimed to determine the possible sites of methylation in the exon 1 region of the survivin gene after DNA isolation and bi-sulphite modification in normal and tumor paraffin-embedded tissues of 43 lung cancer patients by using MethPrimer, which is a web-based program and designing specific primers for this region by Methylation Specific PCR investigate and associate with in adenoma type lung cancer.

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PP-171 Biogenic Amines in Foods
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Biogenic amines are toxic compounds formed due to decarboxylation of amino acids in the reactions induced by microorganisms. Histamine, putrescine, cadaverine, tyramine, tryptamine, spermine and spermidine are the main biogenic amines occur in raw and/or processed food products. Consumption of foods containing high concentrations of biogenic amines may result in nausea, respiratory distress, hot flushes, sweating and hypertension in human. While the sensitivity of individuals differs, the occurrence of biogenic amines over the critic level may cause serious health effects to consumers. The maximum allowable level of histamine and tyramine in foods should be in the range of 50-100 mg/kg and 100-800 mg/kg. Researchers note that the tyramine level over 1080 mg/kg becomes toxic. Putrescine, cadaverine, spermine and spermidine are not considered as directly toxic for human. However, they can react with nitrite to form nitrosamines and they may cause inhibition of amineoxidases that are responsible in the deactivation of histamine and tyramine in small intestines. Biogenic amines can be found especially in protein rich food products such as meat and dairy products. In this paper, occurrence of biogenic amines in foods and their negative health effects are presented.
PP-172 Life Quality and Chronic Disease Management in Diabetes Patients with Hypertension

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The coexistence of diabetes and hypertension significantly affects the quality of life and chronic disease management of individuals. Study was aimed to determine the chronic disease management in diabetes patients with hypertension. A descriptive and cross-sectional study was conducted between January-April 2017. Patient Presentation and Clinical Care Evaluation Form, Quality of Life Assessment Scale and Chronic Illness Care Assessment Questionnaire-Patient Form were used for collecting the data. Study was completed with 80 patients. The mean age of the patients was 56.6±8.3, 73.7% were female, 28.8% had higher obesity and 56.3% had diabetes for more than 10 years. The mean of fasting blood sugar was 151.84±47.74 and the mean HbA1c was 7.39±1.12. The overall score of the Chronic Illness Care Evaluation Scale was 3.80±0.71, average of the quality of life score was 69.54±19.41 and there was no statistically significant relation between quality of life and chronic disease management (p:.248). The statistically significant results were found between in life quality and groups of exercise and regular diet patients (p:.007,.031). A statistically significant correlation was identified between age of the patients and chronic disease management (p:.038). It was suggested that there was no significant results between life quality and chronic illness management in diabetic patients with hypertension however it was concluded that the age effects on chronic diseases management and the exercise and regular diet have a positive impact on life quality.
PP-173 Health Professionals’s Roles in the Health of Homosexual and Bisexual Individuals

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Aim: This study was carried out with the aim of determining attitudes of nurses on lesbian, gay, bisexual, transsexual individuals. Material and Method: This descriptive study was conducted with 358 nurses who work at university adult hospital at Samsun on December 2016. The data were collected by using an introductory questionary, Hudson ve Ricketts Homophobia Scale. The lowest score of the scale is 24, and the highest score is 144. High scores on the scale mean homophobic attitude. The statistical analysis of the data was analyzed by IBM SPSS Statistics Programme. Results: 5.3% of the participants has health vocational high school degree, 10.6% has associate degree (two-year degree), 78.8% has bachelor’s degree, and 5.3% has master degree. The difference between the nurses who have health vocational high school degree and nurses who have an associate degree (p: 0.017) and the difference between the nurses who have associate degree and nurses who have bachelor degree were found significant (p: 0.003). It was found that nurses with health vocational high school degree are more homophobic than nurses with associate degree and nurses with associate degree are more homophobic than nurses with bachelor degree. Conclusions: According to the results, it is seen that undergraduate education is important for nurses who have a significant share in health service provision to develop awareness about LGBT individuals.
ORAL PRESENTATIONS
Oral Presentations Sessions Moderators

Prof. Dr. Ali YILMAZ
Prof. Dr. Nermin ŞAKRU
Prof. Dr. Nermin TUNÇBİLEK
Prof. Dr. Suat ERDOĞAN
Prof. Dr. Tammam SİPAHİ
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Assoc. Prof. Dr. Fatma KAYNAK ONURDAĞ
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Assoc. Prof. Dr. Suzan ÖKTEN
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Assist. Prof. Dr. Ayça ÇETİNBAŞ
Assist. Prof. Dr. Çağatay OLTULU
Assist. Prof. Dr. Canan ERYILDIZ
Assist. Prof. Dr. Eray ÖZGÜN
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Assist. Prof. Dr. Eylem PASLı GÜRDOĞAN
Assist. Prof. Dr. Gülşah GEDİK
Assist. Prof. Dr. Hatische KAHYAOĞLU SÜT
Assist. Prof. Dr. İlnur DİNDAR
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Assist. Prof. Dr. Kıymet TABAKÇIOĞLU
Assist. Prof. Dr. Manar ASLAN
Assist. Prof. Dr. Melike SAPMAZ METİN
Assist. Prof. Dr. Özgür GÜNDÜZ
Assist. Prof. Dr. Sacide YILDIZELİ TOPÇU
Assist. Prof. Dr. Sedef DURAN
Assist. Prof. Dr. Seher ÜNVER
Assist. Prof. Dr. Selma TEPEHAN ERASLAN
Assist. Prof. Dr. Semra EYİ
Assist. Prof. Dr. Songül DURAN
OP-1 The Role of Magnetic Resonance Imaging in Breast Cancer Diagnosis
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Mammography (MG) has been shown to be an effective screening modality in the general population, particularly in women with mammographically nondense breasts, but it is less effective at younger age population because of denser breast tissue. Breast magnetic resonance imaging (MRI), compared with other imaging modalities such as MG and ultrasonography, is highly sensitive and has an acceptable specificity. The ability of MRI to detect breast carcinoma as an adjunct to mammography, is usually independent of breast density and instead depends on the different tissue enhancement properties of breast parenchyma and morphologic features of lesions. For women who have a significantly increased risk of breast carcinoma (predisposing genetic mutation (e.g., BRCA1 or BRCA2 mutation), a strong family history of breast cancer, and received radiation therapy to the chest younger than 30 years old), breast MRI may be useful having with greater cancer detection rates than other imaging modalities. And one of the main indications for breast MRI is for preoperative staging which has high sensitivity for the assessment of tumor extent and for the detection of multifocal and multicentric tumors.
OP-2 A Case Report: Primary Hepatic Liposarcoma

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Primary hepatic liposarcoma (PHL) is extremely rare. Clinical features, prognosis and treatment strategies of PHL are limited. Case Report: A 48-year-old female patient had right sided abdominal pain, weakness and severe weight loss. She had no history of disease, alcohol or drug use. In family history, her father and uncle were died because of cirrhosis. On physical examination, a mass was palpated on the right side of the abdomen. AFP level was normal. Abdominal USG and CT revealed a 7x6,7 cm mass in the right lobe of the liver. An USG-guided biopsy was performed. The pathological diagnosis was PHL. PET/CT showed a progressive malignant liver lesion, which was 10 cm in diameter and a malignant paracaval lymph node. The patient was deemed as inoperable. Neoadjuvant radiotherapy (RT) followed by surgery was suggested. 30 Gy of RT was given to the tumor area. After RT, patient was hospitalized and best supportive care was given due to a rapid decline of her performance status. She had sepsis, lung oedema, thrombocytopenia and she couldn't undergo surgery. She is alive at 4 months after initial diagnosis. Surgery will be performed if possible. Conclusion: PHL is a rare but aggressive tumor. Disease itself can rapidly affect patient's condition negatively. PHL should be kept in mind in the differential diagnosis of an hepatic mass. Hepatectomy seems like the best option and patients should undergo surgery whenever possible. The benefits of chemo and RT are controversial.
OP-3 Hirschsprung's Disease Diagnosed In An Adult Patient

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Purpose: Hirschsprung's disease is characterized by the absence of intramural ganglion cells in the myenteric and submucosal neural plexus of rectum or colon. It is characteristically seen in infants and childhood period although it can be diagnosed in adulthood. We aim to present a case diagnosed with Hirschsprung's disease in adulthood with barium radiograph and CT findings in our study. Findings: A 35-year-old patient presented with complaints of constipation and rectal pain. Barium enema examination showed stenosis at rectosigmoid level, dilated proximal colonic segments and dolichosigma. The abdominal CT showed a dolichosigma in the sigmoid colon and distention with feces up to 6 cm in diameter and the rectum was measured 1.5 cm in diameter. Biopsy was performed for diagnosis and it showed aganglionic bowel tissue and found compatible with Hirschsprung's disease.

Discussion: Adult Hirschsprung's disease is a rare disorder of innervation. It should be separated from functional constipation since it can be cured with surgery. Radiographs usually show a distention of the proximal colon and a shortened distal segment. CT is the most common modality for colorectal cancer exclusion and is useful for depicting transitional zone. Conclusion: Hirschsprung's disease may sometimes be presented at adulthood. Partial or total obstruction, fecal impaction and megacolon may occur. In suspicious cases, barium scans and CT imaging have an important role in guiding the diagnosis.
OP-4 Giant Retroperitoneal Liposarcoma with Scrotal Herniation
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Retroperitoneal liposarcoma is a rare tumor with an incidence of 2.5 per million individuals. Early diagnosis is difficult and it is usually asymptomatic until the liposarcoma is large enough to compress the surrounding organs. It is commonly occurs in patients with 40-60 years-old with a 1:1 ratio between male and female. We report a case of huge retroperitoneal liposarcoma measured 70x45x25 cm with herniating to scrotum by passing through inguinal canal.
OP-5 Education and Training of Medical Physics In Turkey
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The aim of this study was to investigate the current status of education and training of medical physics (MP) in Turkey. All MP programs were evaluated in terms of course contents. MP education in Turkey is provided in 15 universities. All MP departments offer MSc program and 8 of them offer also PhD program. Of these courses 11 of them are given by state universities (SU) and 3 of them by private universities. Four of MSc and two of PhD programs consist of 3 major sub-specialties of radiotherapy (RT), medical imaging (MI) and nuclear medicine (NM). Other programs include only RT courses. Except one SU where graduate program is only one year (no thesis), all MSc programs consist of two years of graduate program after four years of university degree (BSc). Students spend their first year with theoretical and practical courses and during the second year they prepare a master thesis. Besides, MSc programs have different denominations in Turkey. Eleven of them are called as Health Physics, two as MP and the other two as RT Physics. The curriculum of MP programs in Turkey must be improved to include long-term clinical courses especially in RT, MI and NM. It is hoped that clinical medical physicists would go through nationally-accredited exams before assuming independent clinical responsibilities. Moreover, working situation of the MP profession should be clear in terms of appointment, and staff duties and rights should be regulated by legislation.
Fat accumulation in human body occurs in two basical compartments; subcutaneous and visceral fat accumulation. Visceral fat (VF) deposition has been related to metabolic syndrome and various malignities. In addition to that it is a risk factor for cardiovascular diseases. Our aim in this study is to evaluate the effect of body mass index (BMI), VF accumulation, and subcutaneous fat (SF) accumulation on atherosclerosis and hepatic steatosis (HS). The abdominal tomography of 139 patients were evaluated retrospectively, the thickness of SF and VF layers were measured. The fat infiltration in liver and the presence of atherosclerosis was investigated. BMI, VF and SF thickness were defined as parameters. The effect of these three parameters on atherosclerosis and HS were investigated. Elevation in the BMI and VF thickness increased the incidence of atherosclerosis and HS. This increase in the rate was statistically significant. VF accumulation had more effect on atherosclerosis and HS than BMI. Increase in SF thickness was not effective on atherosclerosis and HS. Fat tissue is made of loose connective tissue of adipocytes and develops from lipoblasts. It is a form of energy reservation and also an endocrine organ. Several factors may effect the distribution and accumulation of fat in the body. In our study, we found that VF accumulation is a risk factor for atherosclerosis and HS. Even though the BMI was below the obesity level, VF may increase and have clinical adverse effects.
OP-7 Evaluation of Deviations Between Measured and Calculated Effective Wedge Factors of Varian Enhanced Dynamic Wedge in Radiotherapy

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Purpose: In radiotherapy treatments, physical wedge filters and enhanced dynamic wedge (EDW) filters are frequently used to improve the dose uniformity in the target volume. The purpose of the present study was to compare measured and calculated wedge factors for EDW of a linear accelerator (linac). In addition, trends of the deviations found in this comparison were evaluated.

Methods and Material: Measurements of all EDW factors were carried out for 6 and 18 MV photon beams for a number of symmetric field sizes (from 4x4 cm to 20x20 cm) at Varian Clinac DHX. Then related EDW factors were calculated by MATLAB software program using an extention of “MU fraction approximation” analytic method. The results of measurements and calculations of EDW factors were compared and differences between them were determined. Results: Measured and calculated EDW factors agreed generally within 1% of deviation which was satisfactory. However it was noticed that deviation of EDW factors were increasing with expanding field size and rising wedge angle. Notably deviations of 60 degree EDW factors of 20x20 cm field size were determined as maximum deviations for both 6 MV and 18 MV photon beams being 1.62% and 1.09%, respectively. Conclusion: We determined that the method we used for calculation of EDW factors for symmetric fields accurately correlated with correspondent measurements at linac. This formula may be used for clinical calculations of MU values for symmetric fields with EDWs.
OP-8 The Role of Rhoa/ROCK Pathway in Impaired Ca2+ Homeostasis of Hypertrophic Heart
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In this study we investigated the potential role of RhoA/ROCK pathway in the pathogenesis of heart failure due to pathological cardiac hypertrophy, with a focus on Ca2+ homeostasis. Cardiac hypertrophy model was established by performing transverse aortic constriction (TAC) in 8-week-old male rats. Groups were assigned as SHAM, TAC and TAC+Fas. Rats in the TAC+Fas group were administered fasudil (5 mg/kg/day), and rats in the SHAM and TAC groups were treated with vehicle for 10 weeks. Expression levels of proteins in cardiac tissue were determined using western blotting. RhoA expression was increased in TAC group while ROCK1 and ROCK2 expressions were significantly decreased. Phosphorylated MLC level was significantly higher in the heart of TAC group than in the SHAM group while it was restored in TAC+Fas group. SERCA2 expression increased while p-PLBS16/T17/SERCA2 ratio dramatically decreased in the TAC group. Moreover, p-CaMKIIThr286 expression decreased and p-PKAThr198 expression increased in hypertrophic heart. NCX protein expressions were similar for all groups although there were significant reductions in RyR2 and FKBP12.6 expression levels of TAC group. Changes in protein expressions of TAC group were significantly reversed by fasudil administration. Our findings suggest that RhoA/ROCK pathway plays a significant role in altered Ca2+ handling of ventricular myocytes, which is important for the development of pathological cardiac hypertrophy. This study was supported by The Scientific and Technological Research Council of Turkey (TUBITAK) grant (SBAG-113S296).
OP-9 Awareness and Knowledge Levels of 18-Year-Old and Older Individuals Regarding Human Papillomavirus (HPV) and HPV vaccine in Hatay, Turkey

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The aim of this study was to evaluate the knowledge and awareness levels of 18-year-old and older women and men on HPV infection, HPV vaccine and the potential risk factors in Hatay, Turkey. In our study, it was found that overall 27.0% and 23.2% of the participants reported having heard of HPV infection and HPV vaccine. 13% of the participants were aware of the fact that HPV triggers cervical cancer, 10.2% penile cancer, and 16.7% genital warts, respectively. When the total knowledge score of the participants about HPV infection and HPV vaccine was evaluated according to independent variables, it was found that being a woman, urbanization and having a high level of education had a positive effect on knowledge score, while never having heard of HPV infection and HPV vaccine had a negative effect on knowledge score (p<0.000). It was determined that the relation between these variables and the total knowledge scores of the participants was statistically significant (p<0.05). It was also determined that women who had higher educational levels, those who were living in urban areas and those who had heard HPV infection before had higher knowledge levels. The level of knowledge of the participants about HPV infection and HPV vaccine was found to be very low. Having adequate knowledge about HPV infection, and increasing the acceptance of HPV vaccination in public will play an important role in decreasing the rate of mortality and morbidity of the different HPV-associated cancers in women and men.
OP-10 Seroprevalence of Hepatitis B Surface Antigen and Associated Risk Factors Among Pregnant Women

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Hepatitis B infection is a serious global public health problem. The aim of the present study was to assess the seroprevalence of hepatitis B surface antigen (HBsAg), as well as risk factors associated with hepatitis B virus (HBV) infection among pregnant women attending antenatal care clinics of the University Hospital in Antioch, Turkey. Chi square test was utilized to estimate statistical significance of association between socio-demographic variables and HBsAg status. p values < 0.05 were considered statistically significant. The results were generated as proportions odds ratio (OR) with their 95% confidence intervals (CI) and calculated by both univariate and multivariate logistic regression analysis. The seroprevalence of HBsAg was found 2.1%. The mean age of a total of 475 pregnant women was 27.11 (SD±5.57) years in the present study. A significant association was observed between age and HBsAg seropositivity (p=0.027). History of blood transfusion (AOR=9.51,95%CI=1.92-46.80,p=0.006), history of hepatitis (AOR=11.13,95%CI=2.02-61.28,p=0.006), tattooing (AOR=13.64,95%CI=2.52-73.76, p=0.002) and history of household/close contact (AOR=11.10,95%CI=1.56-78.65,p=0.016) were significantly associated with the risk of HBV infection. Data regarding the seroprevalence of HBsAg and risk factors associated with HBV infection in pregnant women plays a crucial role in evaluating the effectiveness of the public health protection policies and the strategies to control the disease.
In 1923, Büyük Ada Musa Kâzım Sanatorium was opened by way of renting a private building on an island. The sanatorium is the first sanatorium of the Republic of Turkey of which had facilities of treatment with modern techniques. In 1928, Dr. Musa Kâzım succeeded in bringing Turkey's first tuberculosis journal named ‘Verem Mecmuasi’ with his special efforts, but the journal was only published twice, and the publication of the journal was ended without any closing letter or declaration. The journal is mainly important due to the lack of medical periodicals on the Ottoman Alphabate and it is the first written material on chest diseases. It is a unique journal in terms of presenting the latest therapy techniques of its era, guiding on chest emergencies, having statistics of tuberculosis fighting, introducing radiological examinations, showing the effort of fighting against tuberculosis which was one of the contagious diseases in the Republic of Turkey at the time. Given that it is likely to say that this periodical is a very important source on the history of chest diseases.
Since magazines which the meaning of words is periodical publication at certain intervals, bulletin, magazines that review literature, technique, economics, etc. subjects, are among the most important of mass media, they are a very important resource for the history of science as well as the fields they published. Before the invention of the modern printing press in the 15th century in Europe, in the 6th century, the Chinese were using letters engraved on wood. 1750 years before Jesus Christ, it is mentioned in ancient Egyptian sources that there was a gazette during III.Tomas period. The invention of a modern printing press by Johannes Gutenberg on 1440 in Mainz, Germany, undoubtedly ensured that developing and widespread of the magazine publishing. After the used of animated letters in the 15th century, the printing press showed a rapid development and as a result of this, the first magazines was started to appear together with the newspapers in the 17th century. The first Turkish magazine published in the Ottoman Empire is the "Vakayı-i Tibbiye" magazine published in 1849 in Turkish and French. This magazine also has a characteristic of being first medical magazine published in the Ottoman Empire. In this study, while the health magazines published in the Ottoman Empire are examined, the Hakkı Tarık Us Collection, which is considered as the most important newspaper and magazine archive of Turkey, is used as basis. The number of health magazines published in the Ottoman Empire between 1850 and 1923, and in the Hakkı Tarık Us Collection is sixteen.
OP-13 Carcinogenicity of Meat Products
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Meat and meat products refer to two main groups namely unprocessed and processed meats. While unprocessed meat is generally consumed after cooking, processed meat products such as sausage, salami and ham may be cooked or not before consumption according to the product properties. Whether meat contains valuable biologic compounds such as protein, vitamins and minerals, it is under suspicios due to some process contaminants that are proven as carcinogenic for human beings. N-nitroso compounds, polycyclic aromatic hydrocarbons and heterocyclic aromatic amines are the most discussed chemicals that ocur during the production processes of meat products. The formation of these compounds is related to the thermal and/or chemical reactions which are technically essential in the production process of meat products. While there is inadequate evidence in experimental studies for humans, meat products are categorized in Group 1 “carcinogenic to humans” by International Agency for Reseach on Cancer in 2015. In the present paper, the possibility of formation of carcinogenic chemicals in meat products and the discussions about the reliability of their effects on human health are summarized.
OP-14 Determination of Knowledge and Attitudes Related to Pain of Nursing Students
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This research was conducted as a descriptive study with the purpose of determination of the knowledge and attitudes related to pain of students who had been educated in the nursing department of Cumhuriyet University Health Sciences Faculty. The descriptive type of the research was composed of 456 students who studied in the 3rd and 4th classes. This study was participated 440 students The data were collected through student information form and KASRP-N (Nursing’s Knowledge and Attitudes Survey Regarding Pain) scale form developed by Ferrell, McGuire, and Donovan in 1993 to evaluate the knowledge and attitudes of nurses about pain and pain management.. The data obtained from the study were evaluated using the, number, percentage, mean, frequency, student's t-test, One-way analysis of variance (ANOVA), Mann-Whitney U test, Kruskal Wallis H test, Skewness and Kurtosis test were used for statistical analysis. The majority of the students who participated in the study (%83.2) were women and %42 were 21 years old. The mean total score of KASRP-N scale of the students was found to be 19.38±3.35. It was determined that the students respond correctly to the KASRP-N scale below 50% for 20 questions, between 50-70% for 8 questions and over 70% for 11 questions. According to this result obtained from the study, it is suggested to use more different teaching methods and to give more information to the students about the inadequacy of the concept of pain in nursing education.
OP-15 Emphatic Tendency Level of Participating and Non-Participating Nursing Students to Case Based Role Play Activities

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The research was carried out as non-randomized controlled trial in order to determine the effect of case based role play activities on the level of empathic tendency of nursing students. 44 students participating drama classes constituted the intervention group (IG), whereas 165 students who non-participating these classes constituted the control group (CG). IG were given theoretical lectures on drama, empathy and communication skills for six weeks and they were given case-based role play activities for eight weeks (28 hours). Data was collected web-based using Personal Information Forms and Empathic Tendency Scale (ETS). There was no difference among the ETS score averages (all students for 68.10±6.23) of IG and CG (p=.614). Difference among ETS score averages according to class (p=.996), age (p=.519) and family structure (p=.851) was not found out to be significant. The emphatic tendency was found out to be statistically significant in female students compared to male. Similarly it was determined to be high in students who chose nursing due to the desire for helping people compared to the others. In conclusion, the emphatic tendency of nursing students was determined to be at moderate level, and there was no difference as the year of class increased. It was also found out that case-based role play activities no effect on empathic tendency levels of students.
The study aimed to determine quality of life in children diagnosed with cancer using child and parent reports. This descriptive and cross-sectional study was conducted with 56 children, 56 mothers, and 56 fathers at a university pediatric oncology clinic. Data was collected using the "KINDL Child Form" and "KINDL Family Form". Mean age of the children was 10.68±4.58. Children's quality of life scores were 72.89±9.61 in child reports, 72.70±10.20 in mother reports, and 73.95±10.05 in father reports. There was a positive relationship between the quality of life scores of the child and mothers and the fathers (p<0.05). Children's, mothers’, and fathers’ reports showed that "disease" sub dimension average score was the low and "family" sub dimension average score was high. Age, age of diagnosis, age of the mother and the father, school attendance, family relationships, friend relationships, family structure, parents’ status of receiving social support, and family’s financial status influenced the Child and parent reported total quality of life scores and certain sub dimension scores (p<0.05). In conclusion, quality of life of children diagnosed with cancer was found to be low, where children’s, mothers’, and fathers’ reports were compatible.
OP-17 Falling Prevalence and Risk Factors of Older People in Central Kırklareli Province
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The aim of the study was to determine fall prevalence and risk factors associated with falling of older people living in central Kırklareli province of Marmara region in Turkey. Method: This is a descriptive-retrospective research. The study sample comprised 718 people aged 65 or older. Results: Mean age of elderly was 73.28±6.46. More than one third of sample (35.6%, n=289) reported a falling history after the age of 65 or over. Nearly twenty percent of elderly (19.8%) reported to fall during the previous year. Average number of falling of study sample was 2.47±2.40. Logistic regression analysis results revealed that variables such as gender, education level, osteoporosis and using a walking device were associated with falling in elderly at the age of 65 or over. Conclusion: Research results showed that the prevalence of falls in Turkish older people was found high and there were many risk factors associated with high falling rates in elderly. Elderly should be assessed regularly in terms of falling risks. In order to prevent indoors and outdoors falls, it is crucial to develop personal- and community-level prevention strategies.
The aim of this study is to investigate the sexual dysfunction and sexual quality of life of married women in reproductive aged between 18-49. This cross-sectional study was conducted on married women who 537 of them were residing in Edirne city centre whereas 467 of them were residing in Kırklareli provincial centers between July 2015 and April 2016. Data were collected with a questionnaire form that was prepared by reviewing the literature, Arizona Sexual Experiences Scale-Female (ASES-F), and Sexual Quality of Life Questionnaire-Female (SQLQ-F). This study was determined that the average score of ASES-F was 13,5±5,4 and 68% of women was sexual dysfunction. It was found that the average score of SQLQ-F was 74,2±21,0 and 76,7% of women was good sexual quality of life. It was found a significant negative correlation between the average score of ASES-F and the average score of SQLQ-F (r=-0,633; p<0,001). It was determined that as age and marriage age increased more sexual dysfunction was increased (p=0,021) and the sexual quality of life was decreased (p<0,001) in women aged between 45-49 compared to other age groups. The majority of married women have sexual dysfunction. However, the sexual quality of life is good. As age and marriage age increased, sexual dysfunction increases and sexual quality of life decreases. Key Words: Sexual dysfunction, Sexual quality of life, Married women, Reproductive age
OP-19 Low Back Pain and the Factors Affecting Low Back Pain in Nurses
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Purpose
The purpose of the current study is to determine low back pain in nurses and the factors affecting low back pain. Method
This cross-sectional study was conducted in an education and research hospital in Muğla on 1-30 Sept 2015. The study was conducted with the voluntary participation of 200 nurses. In the collection of the data, the questionnaire including demographic characteristics of the nurses, low back pain risk factors and the Oswestry Low Back Pain Disability Questionnaire were used. Data were analyzed using Mann-Whitney U and Kruskal-Wallis tests. Result
Of the participants, 97% are females and 86.5% are married. In the last one year, the percentage of the nurses experiencing low back pain is 76.5%. It was found that daily life activities of 52.3% of the nurses having back pain are slightly restricted, those of 17.6% are highly restricted and those of 2.6% are completely restricted. Low back pain mean scores of those who are relatively older ($\chi^2=8.937; p=0.011$) and those who keep standing for a long time ($\chi^2=7.366; p=0.025$) were found to be higher. It was found that there was no significant difference between mean scores low back pain of the risk factors such as marital status ($z=-1.384; p=0.166$), having had a pregnancy ($z=-1.487; p=0.137$), body mass index ($\chi^2=4.476; p=0.214$), workplace ($\chi^2=8.573; p=0.073$), work experience ($\chi^2=2.031; p=0.362$), daily working hours ($\chi^2=4.725; p=0.094$), type of work ($z=-1.112; p=0.266$), doing exercise ($z=-1.293; p=0.196$), smoking ($z=-0.805; p=0.421$) and stress level ($\chi^2=2.727; p=0.436$).

Conclusion
Low back pain is common in nurses and affects their daily life activities to varying degrees.
OP-20 The Relationship Between Violence Against Women and Marriage Adaptation
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This study was conducted as a descriptive study to examine the relationship between violence against women and marital adjustment. The study was carried out between June 2017 and September 2017 in the 3 Family Health Centers of Yeşilyurt Municipality of Malatya. Questionnaire Form, Domestic Violence Scale, Marital Adjustment Scale. It was found that 33.2% (163) of the women who participated in the survey were in the age range 29-29, 27.7% (136) were married for 0-5 years, 60% married visibly, 35% (172) have a child. In the study, the sum of the domestic violence scale of married women was determined as 53.54 ± 23.75, and the marital adjustment scale total score was 53.61 ± 11.55. (P < 0.05). In the study, there was a negative correlation between domestic violence and total score. Domestic violence was found to be high for the researcher's evolution. According to the research, marriage adjustment in women has been found to increase as domestic violence decreases. Keywords: Marriage integration, Women, Violence
OP-21 Effects of Motivational Interviewing-Based Self-Management Support Program on Care Outcomes for Essential Hypertensive Patients: A Randomized Controlled Trial

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Aim: The aim of the study is to evaluate the effects of motivational interviewing-based self-management support program on care outcomes for essential hypertensive patients. Method: In this randomized controlled study, the pre-test post-test control group design was conducted. Total 116 essential hypertensive patients were randomly assigned to control (n=58) and intervention (n=58) group from purposely selected two family health centers in Istanbul. Motivational interviewing-based self-management support program was implemented to intervention group, while control group received usual care. Results: After six months from the intervention, positive and statistically significant results were found in systolic and diastolic blood pressure, BMI, exercise behavior, perceived self-efficacy, stage of behavior change, number of application to emergency department. There were positive but not significant differences in cholesterol levels, waist-hip ratio, depression status, medication adherence, and number of hospitalization in favor of the intervention group. Conclusion: Motivational interviewing-based self-management support program has positive and significant effects for essential hypertensive patient in primary care. There is a need for further studies involving large sample and long-term follow-up.
OP-22 Attitudes of Summer Schools Students Towards Using Gloves

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The study was done to determine attitudes of using gloves in summer school students. Material and method: The cross-sectional study was conducted with 145 students between June and July in 2017. Data were collected via description form, attributes and attitude scale towards glove usage of health workers. Results: 50.3% of students whose average of age is 22.09±2.04 were female, 44.3% of them were 3rd year grade students, 49% of them were general high school graduates, 14.5% of them were working and 73.8% of them had middle income. Almost all students (97.2%) expressed that they had information about hand hygiene through different platforms such as schools (90.3%), internet (8.3%), books (89%), seminars/congresses (93%). While 97.2% of the participants declared that they used gloves before treating a patient, 26.9% of them said that they used mobile phones while gloves on and 15.9% of them expressed that infections can only be avoided by wearing gloves. Score the students got from attitude scale towards using gloves was 30.94±5.79. It has been stated that the scores were slightly above the middle level. The study found that the attitudes of working students towards glove usage were statistically significantly higher than those not working (p<0.05). Conclusion: It is obvious that attitudes of students towards using gloves are above the middle level and working students have more positive attitudes towards glove usage than those not working.
OP-23 Mechanism of poly(ADP-ribose) polymerase (PARP) in DNA repair and cell death

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Poly ADP-ribose polymerases (PARPs) is main classes of nicotinamide adenine dinucleotide (NAD) metabolizing enzymes that catalyze the breakup of NAD into nicotinamide and ADP-ribose and the subsequent transfer of ADP-ribose to a target protein. The PARPs are ubiquitous enzymes in most eukaryotes and are known to function in posttranslational protein modifications where the ADP-ribose moiety is transferred from NAD onto specific substrates. Seventeen putative PARP sequences have been identified in the human genome, including at least six enzymes: PARP-1, PARP-2, PARP-3, PARP-4, PARP-5a (tankyrase-1, TNKS-1), and PARP-5b (tankyrase-2, TNKS-2). They are involved in genome protection, transcriptional regulation, DNA damage sensor and repair, energy metabolism, cell proliferation, cell differentiation, and apoptosis. Excessive activation of PARPs can result in depletion of NAD and ATP in the cell and lead to inflammatory injury, cell dysfunction, and ultimately necrotic cell death.
OP-24 The Relation of Platelet Mtdna4977 Deletion and Mitochondrial Function in Diabetes Mellitus Patients

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In this study we evaluated the incidence of 4977 base pair (bp) mtDNA (mtDNA4977) deletion and mtDNA copy number in peripheral blood platelet (PBLs) in relation to mitochondrial function at type 2 diabetic disease with and without complications. Twenty patients diagnosed with type 2 diabetes mellitus without complications (good glycaemic control (HBA1c<7) (Group 1), twenty patients without complications (poor glycaemic control (HBA1c≥7) (Group 2), twenty-three patients with complications (poor glycaemic control (HBA1c≥7) (Group 3), and 25 healthy control subject were included in the study. The 4977-bp deletion and mtDNA copy number were detected in all examined samples within 40 cyles of PCR amplification, using a quantitative real time PCR. The frequency of the mtDNA4977 was significantly increased in the all platelet groups compared with control group (Group 1, Group 2, Group 3; p<0.006 p<0.0458 and p<0.0005, respectively). However, mtDNA copy number and cellular ATP levels in platelets were not significantly different between the studied groups. Our studies may suggest that the accumulation of mtDNA4977 in the platelet cells of groups not seem to have an important impact on mitochondrial dysfunction in relation to ATP production and mtDNA COPY number when compared to those of healthy.
OP-25 Actin Cytoskeleton Interacting with Cross-Reacting Material 197 (CRM197)

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CRM197, nontoxic mutant of diphtheria toxin, is known to be used as a carrier protein for targeted drug delivery. In this study, we aimed to investigate molecular interactions between actin and CRM197 and also visualize intracellular trafficking of CRM197 loaded endosomes. G-actin-CRM197 complex was shown by gel filtration chromatography and also Western blot analysis. Computational techniques for prediction of molecular interaction were used. Molecular dynamics simulation revealed three hot spots in the interaction site between G-actin and CRM197. Free energies between these hot spots were also calculated in CHARMM. CRM197-loaded endosomes were shown co-localized with actin filaments in endothelial cells and Rab11 was shown on CRM197-loaded endosomes, signaling recycling pathway. These results suggest that the interactions between actin cytoskeleton and CRM197 mediate intracellular traffic of mutant toxin loaded-endosomes.
OP-26 Melatonin Treatment Has an Effective Role in Locomotor Activity in Mice Model of Breast Cancer

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Breast cancer is responsible for higher cancer-deaths in women. Melatonin is considered as an ideal oncostatic affects and modulates circadian rhythms. Aim is to investigate effects of melatonin in metastatic breast carcinoma evaluating locomotor activity affected by circadian rhythms. In this study, four-week old female Balb-C mice weighting 25-30g were used. Mice were divided into 4 groups as M1+T, V+T, T+M2 and T+V. M1+T and V+T groups were received melatonin (5mg/kg) or %6EtOH injection twice a day for a month then these rats were inoculated tumor cells and injected melatonin 15mg/kg or %6EtOH during a month for treatment respectively. T+M2 and T+V mice were injected melatonin (15mg/kg) or %6EtOH twice a day for a month after inoculation of tumor cells, respectively. Open Field Test (OFT), Wire Hang Test (WHT) and Marble burying task (MBT) were performed before and a month after tumor injection. In both first and second of OFT and WHT, M1+T increased by distance, frequency, velocity and hanging times compared to V+T. Results of T+M2 were higher than T+V only second of OFT and WHT. M1+T decreased number of buried marbles sharply compared to V+T in first MBT, but decrease wasn’t significant between T+M2 and T+V group. Unlike V+T and T+V, number of buried marbles of M1+T and T+M2 groups declined at second MBT. We showed for first time melatonin administration of aggressive breast cancer enhances locomotor activity and reduces anxiety before and after inoculation of tumor cells. Keywords: melatonin, metastatic breast cancer, locomotor activity, anxiety.
OP-27 Comparison of MTT and Xcelligence Experiments of Carbon nanotubes on Healthy and Cancer Cell Lines

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Carbon nanotubes (CNTs) have attracted considerable interest to researchers with their superior structure and features and have emerged as a new option in the last decade for use in drug applications. Their cytotoxicity investigations are important because they are used in a variety of consumer products and as imaging reagents in medicine. Pristine carbon nanotubes have low solubility in aqueous medium. Therefore, in order to solve them in aqueous medium, using a sonicator is necessary. We investigated toxicity of pristine single walled and multi walled carbon nanotubes on HUVEC, and MDA-MB-231 cells via Xcelligence Real Time cell analyser (RTCA) and formazan bioreduction (MTT) assays. We analyzed the effect of CNTs on these cells by measuring cell viability/proliferation by MTT assay. Our data indicate that the interference of CNTs with the MTT reduction test can be influenced by the surfactants used to suspend CNTs. HUVEC and MDA-MB-231 cell lines were used to investigate cytotoxic effects and real time cell analyzer (RTCA) and MTT assays were performed at CNT concentrations 5, 10, 50 and 100 µg/ml. We determined these concentrations using the approximate IC50 value given to us by the RTCA system. When same concentrations of pristine CNTs were applied to both of the system, their toxicity results were similar with the small differences 2-5 µg/ml for same cell lines. Pristine CNTs showed more toxicity on HUVEC cell lines in comparison with MDA-MB-231 cell lines.
OP-28 Histological Examinations of Sucuks Which Sold in Supermarkets and Experimentally Prepared

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In this study, it is aimed to determine unpermitted tissues and organs in sucuks according to standards and codex by histological examination methods, to protect consumers from adulteration threatening public health and to prevent unfair competition of high-quality manufacturing enterprises. The material of the study is consist of sucuks was prepared experimentally with tissue and organ involvement that is likely to be added to the sucuks dough, and fermented and heat-treated sucuks sold in supermarkets. In experimental heat-treated sucuks, it was determined that the typical striped appearance of skeletal muscles disappeared and the structural characteristic of fat cells that compose fat tissue were damaged. The connective tissue fibers were determined to be damaged in fermented and heat treated sucuks but there was no significant difference between them. The most determined tissues and organs in the sucuks prepared by both methods statistically were the head region meat and rumen, whereas the least detectable or undetectable ones were the testes and the brain. In fermented and heat-treated sucuks bought from supermarkets, the structural properties of skeletal muscle, fat cells and connective tissue fibers were determined to be similar to our findings for the sucuks prepared experimentally. It has been concluded that the histological analysis, which is the only method to determine the tissues and organs with the aim of adulteration in sucuks production, has to be examined absolutely.
OP-29 Effects of Resveratrol on Glycerol-induced Myoglobinuric Acute Kidney Injury

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Myoglobinuric acute kidney injury (Mb-AKI) is an uremic syndrome which occurs because of injury of skeletal muscle. In our study, we investigated the levels of biomarkers of AKI in glycerol-induced Mb-AKI model. Additionally, we evaluated the effect of resveratrol treatment and its relation with renal functions. In our study, a total of 32 female Wistar Albino rats were divided into four groups (control, resveratrol, AKI, AKI+resveratrol). Control and resveratrol groups were injected with saline, AKI and AKI+resveratrol groups were injected with intramuscular glycerol. One and 24 hours later, control and AKI groups received saline intraperitoneally and resveratrol and AKI+resveratrol groups received 25 mg/kg resveratrol. The levels of KIM-1, NGAL were assayed, renal functions and histopathological changes examined. RESULTS: Three of the rats in our AKI group died within the first 48 h due to complications. We found that levels of urea, creatinine in serum samples and KIM-1, NGAL in urine samples were increased in AKI and AKI+resveratrol groups. There was also impairment of renal morphology. Treatment with resveratrol decreased serum potassium levels in AKI+resveratrol group. There is no positive effect of resveratrol on other biochemical and histopathological changes. In AKI+resveratrol group there was no mortality. We concluded that resveratrol may be beneficial to control serum potassium levels in Mb-AKI model. This study was supported by KAÜBAP(2012-TF-54).
Acute lung injury (ALI), a severe complication often observed in intensive care unit patients, has a high mortality. Lipopolysaccharide (LPS), a cell wall component of gram-negative bacteria, is thought to play a key role in the development of ALI through stimulation of recruitment of inflammatory cells into lungs. Ginkgo biloba extract 761 (EGb 761) is considered as a potent polyvalent therapeutic agent in the treatment of various diseases. This study investigated the possible modulatory effects of EGb 761 pretreatment on lung inflammation during lipopolysaccharide (LPS)-induced acute lung injury. Groups that consisting of six adult male Sprague-Dawley rats each were divided into Control, Sepsis (LPS-[E.coliO55:B5serotype]), Sepsis + EGb 761 and EGb 761. The administration of LPS caused many severe histopathological changes such as alveolar wall thickening, edema, neutrophil infiltration into the lung interstitium and alveolar space and intraalveolar exudation in addition to induced caspase-3 positive apoptotic cells in the alveolar wall in the lung tissue samples when compared with the control group. EGb 761 pretreatment significantly ameliorated these histopathological alterations and supressed induced apoptosis in the lung tissues. In conclusion, our study data show that LPS-induced sepsis may lead to severe acute lung injury. EGb 761 could be potentially useful for treatment of LPS-related ALI by alleviating pathological damage and inhibiting apoptosis in the lung tissues. Keywords: LPS, sepsis, EGb 761, Histopathology, Caspase-3.
OP-31 University Students' Knowledge about Sexually Transmitted Diseases

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This research was conducted to evaluate the knowledge of nursing students regarding sexually transmitted diseases. Methods: It is a descriptive and cross-sectional study. The research sample consisted of undergraduate students studying nursing. The knowledge of nursing students regarding sexually transmitted diseases was assessed using Questionnaire on Sexually Transmitted Diseases. Findings: The mean score of knowledge questionnaire was 13.61±2.19. The item "2. The partners who suffer from these diseases should be treated together." was answered correctly by 96.9% of the students with the highest correct answer rate, whereas the item "3. If not treated, it can lead to infertility." had the highest incorrect answer rate with 69.3%. More than sixty percent (62.5%) of sample reported to be trained previously about sexually transmitted diseases. The students reported that people who have a relationship with more than one partner (97.2%), drug users (38.1%), and health care workers (31.8%) are high risk groups for sexually transmitted diseases. The results showed that nursing students had insufficient knowledge about transmission routes and prevention from sexually transmitted diseases. Conclusion: Although the knowledge level of nursing students regarding sexually transmitted diseases was above moderate, there is still a need for training to improve knowledge and awareness of nursing students about sexually transmitted diseases.
OP-32 The Relationship Between Life Style, Health Promoting Life Style Profile II And Tension Height In University Students

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We aimed to measure the healthy lifestyle of young people and to evaluate the relationship with systemic blood pressure. Design: A prospective study Background: Among the determinants of health; It is accepted that healthy lifestyle behaviors are the main way to prevent chronic diseases in particular. Regulation of lifestyle is important for maintaining and improving health. It involves taking responsibility for healthy nutrition, physical activities, regular life, stress management, interpersonal communication and health care. Methods: 201 university students were included in the study. Students’ information was evaluated. Lifestyles were assessed with Health Promoting Life Style Profile II (HPLP II). Blood pressure was measured. Results: It has been observed that health care responsibilities and lifestyle behaviors in our work have increased with good evaluation of leisure time, improvement of eating habits and a positive attitude towards life. As the ability of individuals to feel healthy grows, it is thought that the healthy lifestyle they have acquired has become a habit. Conclusion: Supporting healthy lifestyle in educational institutions will help to protect youth from chronic diseases and contributing to the social development. Healthy youngs will be able to lead healthy lifestyle in whole society. Keywords: HPLP II, youngs’ systemic blood pressure
Familial Mediterranean Fever (FMF), which is a recessively inherited autoinflammatory disorder, is the prototype of a group of diseases called systemic autoinflammatory diseases. The purpose of treatment for FMF patients is to prevent inflammation and to provide acceptable life quality. The purpose of this review was to assess the use of alternative therapeutic agents in FMF patients who do not respond to colchicine treatment or who cannot tolerate colchicine and the effects of these agents on the attacks. The protein which is coded by MEFV gene defined in 1997 and which is called pyrin is effective in the regulation of Nod-like receptor protein 3 inflammation and pyrin dysfunction results in inflammation by causing an increase in the production of inflammatory cytokines which include interleukin-1ß and IL-18. These cytokines activate nuclear factor ß signal pathways which stimulate increase in the amount of tumor necrosis factor-alpha and IL-6. Thus, it is thought that blocking these cytokines with biological agents is a rational approach to manage FMF. Colchicine, which is a tricyclic alkaloid with anti-microtubule characteristics derived from the two plants of lily family, is accepted as the standard therapy for FMF. Daily therapy with colchicine prevents inflammatory attacks and secondary amyloidosis, which are long-term complications of FMF. As a conclusion, biological agents including IL-1 inhibitors, TNF inhibitors and IL-6 inhibitors have been reported to be effective in FMF patients who are resistant to or who cannot tolerate colchicine.
The aim of this study was to evaluate slow food perceptions and nutrition habits of people who live in Vize and Babaeski. Methods: This study was carried out in May and June of 2017 among 380 participants in Kırklareli. Participants completed a questionnaire related to individual characteristics and ‘healthy lifestyle behavior scale’. Results: 63.7% of the participants were female and 36.3% were male, the average age was 24.92 ± 8.3 years. 52.1% of participants live in Babaeski and 47.9% live in Vize. 44.2% of participants eat 2 meal a day and 41.6% eat 3 meal a day. 77.2% were skipping meals. 43.4% believe that they have healthy eating habits. 29.5% eat fast food once or twice a week. Mean of healthy lifestyle behavior scale scores is 125 ± 21. 36.9% of participants who have heard slow food before live in Vize, 21.4% live in Babaeski (p=0.001). 49% of people who live in Babaeski and 38.5 of Vize were skipping lunch (p=0.039). 50% of Vize and 17.6% of Babaeski consumed their own food products (p=0.000). Conclusion: This study shows that slow food movement in Kırklareli still can not be heard adequately. Parallel to the fact that Vize is a slow food town, it is more familiar to the slow food movement than to Babaeski. It is also observed that the people of Vize make more healthy choices than the people of Babaeski. However, the slow food movement needs to be heard more often and it should spread.
OP-35 Comparing the Loneliness Levels of the Old People Living at Home and at Nursing Home

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This is a type of descriptive study with aim of comparing the loneliness levels of the old people living at home and nursing home. The sample of research is constituted total 171 old people of 51 people living in nursing home and 120 people living at their home between 01.11.2015 and 01.04.2016. The data was gathered by interviewing old people face to face and by using Information Form For Descriptive Qualities, Standardized Mini Mental State Examination and Loneliness Scale. It is detected that among the old in the study, married ones and having children feel less lonely. The loneliness level of the illiterate old people was high (p<0.05). It is confirmed that the old living in the nursing homes feel more lonely than the ones living at home (p<0.05). It is advised that the society should be informed about loneliness of old people, social programmes should be organized for old people.
OP-36 Success Situations of the Nursing Postgraduate Students And The Affecting Factors
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This study was conducted to evaluate the academic motivation, self-efficacy and research anxiety of postgraduate students who are receiving education in a Nursing Department of an Institute of Health Sciences. Data were collected by using a “Data Collection Form”, “Academic Motivation Scale”, “Academic Self-Efficacy Scale” and “Research Anxiety Scale”. p<0.05 value was accepted as statistically significant. The mean age of the students was 26.58±4.07 years. The number of graduate students was forty seven. This study determined that as the age and the duration of working years of the graduate students increased, the total scores of Research Anxiety Scale decreased. This study expressed that as the duration of working years of graduate students increased, the total scores of Academic Motivation Scale increased, too. A statistically negative correlation was found between the scores of Academic Motivation Scale and Research Anxiety Scale. Additionally, the study determined that as the academic motivation level of postgraduate students increased, their research anxiety level decreased. It was also found that the anxiety level of the graduate students who were at the course period were higher than the ones who were at the thesis period. It was found that academic motivation and research anxiety level of postgraduate students were higher. Individual counselling should be beneficial to improve the academic motivation and to reduce anxiety level of the graduate students.
OP-37 Investigation of Self-Efficacy Levels of 65 Years and Above Diabetes Patients

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The study was conducted as a descriptive study to determine the efficacy levels of diabetes mellitus behaviors at first admission to the diabetes polyclinic of individuals over 65 years of age, the first time diabetes was diagnosed. Method: This descriptive and cross-sectional study was conducted with 90 diabetic individuals who agreed with the sampling criteria and agreed to participate in the study. Consent form, information form and Type 2 Diabetes Self-Efficacy Scale were used for informing the diabetic patient about the study, obtaining permission to participate in the study, for socio-demographic and clinical information of individuals and for assessment their self-efficacy levels for diabetes, respectively. SPSS V 21.0 was used to evaluate the obtained data. Percentage calculation, mean, student t test, Mann-Whitney test and Kruskal-Wallis test were used in the statistical analysis of the data. A value of p < 0.05 was considered statistically significant. Findings: The mean age of the patients was 70.99±5.60. 68.9% of the participants were female, 65.6% were married and 51.1% were primary and secondary school graduates. Self-efficacy levels of the patients those receiving training from a physician related to diabetes; regularly using medicines; coming to regular control; having sugar measuring device; exercising; following the nutrition program were found to be statistically high. Conclusion: Regular health checkups of diabetes, diabetes education, and health status perceptions affect their self-efficacy levels. Nurses should give practical trainings taking into account individual character.
OP-38 Effects of Gum Chewing on Intestinal Motility, Early Mobilization, Postoperative Pain and Early Discharge in Patients with Laparoscopic Cholecystectomy Surgery

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This study was planned and applied experimentally to determine the effect of gum masticatory bowel motility, early mobilization, postoperative pain and early discharge after laparoscopic cholecystectomy surgery. A total of 106 patients randomly assigned to the study were included in the study in the Department of General Practice and Research, Namık Kemal University, Department of General Surgery and performed laparoscopic cholecystectomy between April 2015 and April 2016. For randomization, a computer program that generates random numbers, numbers 1 and 2, was used (http://www.randomizer.org/form.htm). The research was approved from the Ethics Committee of Namık Kemal University and Department of General Surgery in terms of ethics. In the study, postoperative gas and gaita removal time was shorter in the experimental group (p <0.001); Patients in the experimental group were discharged earlier than the control group (p <0.001); The time from surgery to the first mobilization time was shorter in the experimental group than in the control group (p <0.001) and the mobilization time was found to be statistically higher (p <0.001) in the experimental group than in the control group. As a result, after laparoscopic cholecystectomy surgery, chewing gum shortens the initial gas and gait removal time, resulting in early conversion of intestinal motility postoperatively, thus contributing to postoperative pain control, shortening initial mobilization time and hospital stay.
OP-39 Determination Attitudes of Nurses on Lesbian, Gay, Bisexual, Transgender People: The Case of Samsun

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Aim: This study was carried out with the aim of determining attitudes of nurses on lesbian, gay, bisexual, transsexual individuals. Material and Method: This descriptive study was conducted with 358 nurses who work at university adult hospital at Samsun on December 2016. The data were collected by using an introductory questionary, Hudson ve Ricketts Homophobia Scale. The lowest score of the scale is 24, and the highest score is 144. High scores on the scale mean homophobic attitude. The statical analysis of the data was analyzed by IBM SPSS Statistics Programme. Results: 5.3% of the participants has health vocational high school degree, 10.6% has associate degree (two-year degree), 78.8% has bachelor’s degree, and 5.3% has master degree. The difference between the nurses who have health vocational high school degree and nurses who have an associate degree (p: 0.017) and the difference between the nurses who have associate degree and nurses who have bachelor degree were found significant (p: 0.003). It was found that nurses with health vocational high school degree are more homophobic than nurses with associate degree and nurses with associate degree are more homophobic than nurses with bachelor degree. Conclusions: According to the results, it is seen that undergraduate education is important for nurses who have a significant share in health service provision to develop awareness about LGBT individuals.
OP-40 Determination the Knowledge Levels of Nurses Working In Pediatric Clinics About Pain and Pain Assessment

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The aim of this descriptive and cross-sectional study is to assess and increase the level of knowledge of nurses who are working in pediatrics clinics and make a comparison with the level of knowledge after a training program about pain and pain assessment in children. The research was between May 2013 and July 2014 and included 75 nurses, who agreed to join to the training program about pain and pain assessment and working in pediatrics clinics. Data was collected using a questionnaire (first/final tests) consisting of 33 questions for nurses that determine the level of knowledge on pain and pain assessment in children. Data analysed with using mean, student’s-t test, One Way Anova, Wilcoxon, Mann-Whitney U tests and Spearman correlation analysis. The mean age of nurses was 29.54+5.73 years (20-46), 61.3% had a graduate degree. It was determined that the average scores of knowledge level of nurses before and after the training were 28.64+2.84 and 31.98+1.33 respectively and increased significantly after the training (p<0.001). The increase in knowledge level was higher in nurses with older age (p=0.035). It was determined that the level of knowledge was affected by nurse’s desire in working pediatrics clinic, and participating in supporting developmental activities about nursing and pediatric nursing (p<0.05). These results indicate that the nurses have a lack of knowledge and educational needs about pain and pain assessment in children and getting this education provides increasing level of knowledge that nurses use this for pain asessment.
This descriptive study was carried out to reveal problems and experiences of intensive care unit nurses in Turkey. The study included 207 intensive care nurses attending an intensive care nursing symposium organized by İstanbul Health Care Directorate and İstanbul University in 2010. Data were gathered by using a questionnaire composed of 39 multiple choice questions about descriptive characteristics and opinions and experiences of intensive care nurses about their occupation. Ethical approval was obtained and informed consent was taken from all the participants. Gathered data were analyzed with Number Cruncher Statistical System 2007 and evaluated with descriptive statistics. Results: Of all the participants, 90.3% were working in intensive care units voluntarily and 78% were working for 40-50 hours a week on average. 52.2% were reported that education for intensive care nursing should be received from a certificate program following undergraduate nursing education. 52.5% were reported a staff shortage in their unit. 74.6% were found their salary insufficient. 57.5% were reported that they did not have work safety. Conclusion: When expectations of intensive care staff are fulfilled, their motivation and job satisfaction can be improved. This will create an efficient and productive working environment and will have a positive effect on physical and psychological care of critically ill patients.
Diabetic nephropathy (DN) is one of the microvascular complications of Type 2 Diabetes Mellitus (DM). nDN is characterized by albuminuria (>300 mg/24 hours) and proteinuria (>500 mg/24 hours). Insulin Receptor Substrate 1 (IRS-1) is one of the key members of the IRS protein family. IRS-1 gene is localized on chromosome 2q36. The IRS-1 Gly972Arg gene polymorphism is characterized by a glycine/arginine transition at codon 972 of the gene and it is associated with Type 2 DM, which leads to impaired insulin secretion by insulin resistance. The aim of our study was to investigate the role of IRS-1 Gly972Arg gene polymorphism genotype distributions in the development of DN in patients with Type 2 DM. Our study included 88 patients with DN and 94 control with Type 2 DM. DNA isolation was performed from the peripheral blood with EDTA obtained from patient and control groups. Nanodrop spectrophotometer was used to measure the purity and quality of the isolated DNAs. The genotype distributions of IRS-1 Gly972Arg gene polymorphism were determined using polymerase chain reaction (PCR) and restriction fragment length polymorphism (RFLP) methods. The statistically significant difference was not determined in the genotypic distribution of IRS-1 Gly973Arg gene polymorphism between DN patients and controls with Type 2 DM (p>0.05). Genotype distributions of IRS-1 Gly972Arg gene polymorphism were not determined as genetic risk factor in patients with Type 2 DM who developed DN.
OP-43 Survivin Gene Promoter Region Methylation in Adenoma Type Lung Cancer

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Survivin is a member of the IAP family of antiapoptotic proteins. It is shown to be conserved in function across evolution as homologues of the protein are found both in vertebrates and invertebrates. The first members of the IAPs identified were from the baculovirus IAPs, Cp-IAP and Op-IAP, which bind to and inhibit caspases as a mechanism that contributes to its efficient infection and replication cycle in the host. Later, five more human IAPs that included XIAP, c-IAP1, C-IAP2, NAIP, and survivin were discovered. In this study, we aimed to determine the possible sites of methylation in the promoter region of the survivin gene after DNA isolation and bisulphite modification in normal and tumor paraffin-embedded tissues of 42 lung cancer patients by using MethPrimer, which is a web-based program and designing specific primers for this region by Methylation Specific PCR investigate and associate with in adenoma type lung cancer. In our study, 42 samples were used and 11 (26%) of the survivin genes were found to be methylated in the promoter region and methylation was decreased in the tumor worms. In addition, immunohistochemical staining of these specimens showed that survivin protein was also increased compared to normal tissue. With almost no work done in this area, it is thought that the existing methylation may affect the course of the disease, and the decrease in methylation may also affect the response to treatments such as chemotherapy and radiotherapy.
OP-44 Is It More Effective To Determine The Effects Of Melatonin, Pentoxifylline And DMSO In Experimental Liver Ischemia Reperfusion Injury By Three Different Methods?

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Introduction: Today, liver transplantation is increasingly being used in the treatment of end-stage liver disease. In this study, we aimed to compare the effects of melatonin, pentoxifylline, and DMSO, in hepatic ischemia-reperfusion (I-R) injury with different methods such as biochemical/ultrastructural changes and hepatobiliary scintigraphy (HBS).

Materia Methods: A total of 30 rabbits were used in the Laboratory of Experimental Animals of Trakya University Medical Faculty under appropriate conditions. Sham laparotomy, and only ischemia reperfusion group were planned. It were used melatonin, pentoxifylline and DMSO after I-R in the other three groups. Rabbits in all groups were subjected to liver scintigraphy. Following scintigraphy, liver tissue was removed to examining for liver antioxidant enzyme levels and electron microscopy.

Result: Pentoxifylline and melatonin were protect significantly uptake and excretion functions in liver scintigraphy. When the effects of all three agents were examined by electron microscopy, it was found that all three agents protect the liver from the effects of I-R injury. All three agents protected antioxidant enzyme levels.

Discussion: Studies to prevent I-R injury, which may develop as a result of the Pringle maneuver applied to liver transplantations still maintain their popularity. In our study, the effects of agents were identified in three different ways. Therefore when the efficacy of pentoxifylline was confirmed by three methods and it was the most reliable agent among the three agents.
OP-45 Genotyping of *Mycobacterium tuberculosis* complex strains

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Tuberculosis is chronic, necrotizing disease that caused group of microorganisms Mycobacterium tuberculosis complex (MTC). Today, tuberculosis is continuing to maintain its place among the diseases gaining importance that is a treatable disease. Therefore; it is research and development works with using specific diagnostic methods that is faster, cheaper, and sensitive in order to contribute to the diagnosis and treatment. It should be widespread use of based on molecular epidemiological methods for understanding the reasons the rapid spread in society and development of more effective control measures of tuberculosis. In recent years, despite of the rapid increase studies of the molecular epidemiology of tuberculosis in the world, it is limited researches for detecting the epidemiological features of MTC in our country. So this study, shedding light on the literature, it is shed light on effective treatment together with the rapid detection methods both nationally and in the international in the area. In this study, aimed to genotyping with PCR- RFLP methods of MTC strains which identified with liquid-based culture systems on Canakkale Onsekiz March University, Research and Application Hospital, Department of Medical Microbiology, Mycobacteriology Laboratory by using PCR-RFLP method. The 1.020 bp fragment of gyrB genes of these isolates were amplified and restricted by endonucleases Afal and TaqI. Based on this differentiation, 75 (% 98,7) MTC isolates were identified as M. tuberculosis while 1 isolate (%1,3) was determined as M. bovis. The typing of causative agents of
OP-46 Determination of esp, cylB and gelE Virulence Factor Genes of Enterococcus Isolates

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Enterococci, commonly isolates agent from hospital-acquired infections, have growing consideration due to their increasing properties of antimicrobial resistance. The important virulence factors of Enterococcus are hemolysis or cytolysin (cyl), gelatinase (gel), enterococcal surface protein (esp), aggregation factor, MSCRAMM ACE, capsule cell wall polysaccharides, lipoteichoic acid, superoxides, sex pheromones, hyaluronidase, Ef-A, AS-48 and antibiotic resistance. The present study aimed to analyze existence of virulence factor genes of Enterococcus spp. isolates. For this purpose, 200 Enterococcus strains isolated from surveillance and clinical samples in the Microbiology Laboratory of Çanakkale Onsekiz Mart University Hospital were used. These isolates consisted of 91 (one of them is vancomycin resistant) E.faecalis, 102 (66 of them are vancomycin resistant) E faecium, 5 E.gallinarum and 2 E.avium. DNA isolation and PCR using specific primers were performed from these bacteria. The esp, gelE and cylB genes were determined in 167 (84%), 52 (25.5%) and 33 (16.5%) isolates, respectively. The 11 (5.5%) strains were found as containing all three virulence genes (esp, gelE, cylB). These results show that majority of enterococcus isolates potentially have important virulence factors unbound from isolation material as surveillance and clinical samples and the status of antimicrobial resistance. This suggests that the monitoring of virulence factors especially esp, gelE and cylB may be necessary for appropriate control and preventive measures of enterococcal diseases.
OP-47 Research Regarding The Fetal Impacts Of Radio Frequencies Originating From Cell Phones On Pregnant Women

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The purpose of this study is to investigate whether there is a fetal impact on pregnant women who are exposed to radiofrequency radiation (RFR) with different periods originating from cell phones in postnatal umbilical cord blood. In this study conducted on 149 pregnant women and infants, participants are divided into four groups in terms of their daily usage of cell phone; non-users of cell phone (n: 37), 2-15 minutes (n: 39), 15-60 minutes (n: 37) and participants using cell phone for more than 60 minutes (n: 36). The obtained data showed that levels of AST, ALT, LDH, CK, CKMB, CRP, procalcitonin, troponin T, uric acid and lactate are higher for ones who are exposed to RFRs for more than 60 minutes but by contrast with this, their thromocyte count and MPV value are lower. The results of the study revealed that long-term RFR exposure may cause some changes in the fetal period.
OP-48 Esculetin Inhibits Human Prostate Cancer Cells Through Inducing Apoptosis and Cell Cycle Arrest

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Prostate cancer (PCa) is the second cancer type most commonly occurs in western countries and it takes fifth place cancer-related death among men. Current therapy strategies such as surgical operation, hormonal therapy, radiotherapy and chemotherapy are successful only in the early stages of the disease. Late stage of PCa is aggressively spreading, highly metastatic and challenging to treat. Although combined drug therapies are used in the treatment of PCa, drug resistance and decrease of patient life quality are inevitable. Therefore, it is important to explore new therapeutic strategies for treatment the disease and improve the quality of patient life. In this context, it has been shown in the literature that the use of flavonoids may be promising in the treatment of PCa. Flavonoids are chemical compounds that are secondary metabolite products of plants. They are effective on reducing cell proliferation, either alone or combined with common chemotherapeutic agents. Esculetin is a naturally-occurring coumarin compound found in horse chestnut. Numerous pharmacological effects of esculetin have been shown in both in vitro and in vivo models such as antioxidant, antiproliferative and cell cycle arrest in a variety of cancer types. The aim of this study was to investigate the anticancer effects of esculetin on PCa cell line, and the combined effects of commonly used chemotherapeutic agents such as vincristine and cisplatin in vitro. For this purpose, the human prostate cancer cell line PC3 was cultured in DMEM/F12 medium supplemented with 10 % fetal bovine serum.
Aflatoxin B1 (AFB1) is a fungal toxin and play important role in food safety. Its genotoxic effects have been reported but a comparative study of transplasentational and lactational developmental histologically effects related to liver is not sufficient. We aimed in this study, histologically evaluation of genotoxic potential effects in neonatal rat livers of maternal rats exposed to AFB1 50 µg/kg ip during gestation and lactation and planned in four experimental groups. H&E, Mallory-azan and PAS, immunohistostaining PCNA for proliferation and immunofluorescence TUNEL for apoptosis were established apoptotic and proliferative indexes. In addition, H scores were obtained for CK19 and AFP immunohistochemistry to observe progenitor cells and early hepatocarcinoma. Biochemically MDA and CAT assays were performed. As a result; it is thought that maternally applied AFB1 causes more retardation than being exposed by maternal milk and also causes apoptotic cell death (p<0.001), early hepatic hepatocellular carcinoma with genotoxic effects and decrease proliferation of hepatic stem cell.
OP-50 Trail-sensitizing and Apoptotic Effects of Histone Deacetylase Inhibitor "Belinostat" on Glioblastoma Multiforme

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Glioblastoma multiforme is the most common central nervous system and aggressive brain tumour mainly occur in adults. Despite surgical, radiotherapy and chemotherapy, survival of the disease is 14.6 months. Conventional chemotherapy has limited effect due to blood-brain-barrier, intrinsic heterogeneity of tumor, intrinsic GBM resistance and non-specific toxicity. TRAIL which has no effect for normal cells but targets tumour cells, is a promising agent. It is known that GBM shows resistance to TRAIL-mediated apoptosis. Therefore, combined treatment agents such as HDACi combined with TRAIL is current strategy for GBM therapy. The aim of this study is to determine the effects of Belinostat to TRAIL-sensitization and to investigate effects of this HDACi upon apoptotic pathway on GBM. For this reason, effects of TRAIL, cytotoxic effects of Belinostat and effects of combined TRAIL treatment on T98G, U87MG and U373 cell lines was determined with CellTiter-Glo method and IC50 doses were calculated via GraphPad Prism. Effects of the combination of TRAIL and Belinostat to apoptosis were calculated by flow-cytometry. Expression changes of pro-apoptotic and anti-apoptotic genes were analyzed by real-time PCR. According to our results, Belinostat induced TRAIL-sensitization on GBM cell lines and flow-cytometry analysis confirmed this. Belinostat increased some pro-apoptotic and anti-apoptotic gene expressions. This results suggest and indicated that Belinostat can be a potential agent for GBM treatment.
OP-51 Pelvic Floor Muscles Awareness of Students of Physiotherapy and Rehabilitation Department

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The aim of this study was to investigate pelvic floor muscles(PFM) awareness and PFM exercise habits of students of physiotherapy and rehabilitation programme. Methods: 72 volunteers were included in the descriptive preliminary study. The data were evaluated using a questionnaire consisting of 9 questions, including the sociodemographic characteristics of the participants, their PFM awareness. Results: 34.7% of the students stated that they knew PFM exercises. 45% of students reported exercise regularly said knowing about PFM exercises, 18.2% of this group said they practice them. 47.2% of them reported that they could do PFM exercises for preventive purposes without any pathology. They think these situations set the ground for problems related to PFM: previous operation 93%, giving birth 90.3%, age 86%, constant weight lifting 80.6%, overweight 70.8%, coughing 65%, being constipated frequently 65%. They think these problems may occur these pathologies urinary incontinence 97.2%, fecal incontinence 77.8%, genital area pain 55.6%, sexual dysfunction 50%, hip pain 47.2%, back pain 37.5%, thigh pain 34.7%. Conclusions: It was found that the majority of the students with knowledge about PFM anatomy do not know and practice PFM exercises, there is no significant relationship between exercise habits and PFM exercise status. The majority of them have knowledge about factors causing problems related to PFM but do not have sufficient knowledge about the pathologies that may occur.
OP-52 Post-Graduate Working Area Tendency, Department Satisfaction and Relationship with Academic Success of Physiotherapy Rehabilitation Students

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Aims: Purpose of this study to investigate post-graduate working area tendency, department satisfaction and their relationship with academic success of Physiotherapy Rehabilitation students. Methods: Cross-sectional and descriptive research was carried out in the Physiotherapy Department. Data were collected by a questionnaire. Satisfaction level was assessed quadruple likert ; 1. I am not, 2. Not quite, 3. Partially satisfied 4. Absolutely satisfied. Data were analyzed by descriptive parameters, student t test and pearson correlation analyze. Results: 127 volunteers participated in the investigation. To question is “are you satisfied with your department?” % 58.3 of volunteer were responded as “partially satisfied”, % 28.3 of volunteer were responded as “absolutely satisfied”, % 7.1 of volunteer were responded as “not quite”, %6.3 of volunteer were responded as “not at all”. The most demanding post-graduate working areas are respectively; General Physical Therapy (% 28), Sport physiotherapy (% 16), Pediatric Physiotherapy (%15.2). Positive relationship was found between department satisfaction and academic success(\(p = 0.00\)). Conclusion: In general, department satisfaction was found to be satisfying. There was a positive relationship between department satisfaction and academic achievement. While the factors for postgraduate tendency can be searched in different studies, it is believed that the most important factor in preferences is related to the potential to find a job.
OP-53 The Effect of Surgical and Natural Menopause on Postural Stability in Obese Women

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We aimed to investigate the differences in postural stability in obese, natural or surgical postmenopausal women. Thirty natural, 30 surgical postmenopausal 60 women in total included into this study. All participants’ static and dynamic postural balance was measured with Biodex Balance Device. Antero-posterior and medio-lateral stabilities were assessed on a force platform. 6m walking test, one leg standing test, TUG test were performed to evaluate functional balance. Hormone analysis completed as follows FSH, LH, oestradiol, and progesterone. Their menopause year was between 2 and 25 years. There was no difference on participants’ demographic data and they were homogenous according to BMI. Their LH, oestradiol and progesterone levels showed no statistical difference but FSH level was found significantly higher in surgical postmenopausal group (p=0.040). In functional balance tests, we found significance between groups on TUG test in favor of natural postmenopausal group(p=0.001). Standing on right leg test showed that natural menopause group did significantly better(p=0.047). There was no significant difference on standing on left side and 6m walking test(p>0.05). We found no difference on Biodex balance tests(p>0.05). The better balance of natural menopausal women in functional balance evaluation can be attributed to the protection of androgens. This can be considered as a reason to avoid unnecessary organ excision in surgery.
The main treatment goal of gonarthrosis is pain relief, gaining function and preventing disability. Kinesiology taping has been considered as an alternative treatment approach. Facilitation of quadriceps femoris as an important muscle may support knee stabilization and load bearing. We aimed to investigate the effect of kinesiology taping on pain and function. Twenty five women over 50 years of age included into this pilot study as 3 groups: physical therapy-kinesiology taping, physical therapy, and kinesiology taping. After obtaining demographic data, WOMAC, KOOS questionnaires, VAS and stair climbing tests were performed as pre and post treatment. Y-type taping was applied on quadriceps femoris muscles at first, 5th and 10th days. The post treatment data significantly improved in three groups (p<0.05). There was a significant decrease in VAS in KT group in comparison to others (p=0.035). Significant differences were found in WOMAC score in physical therapy-kinesiology taping group (p=0.017), and in kinesiology taping group (p=0.002). Significant differences were found in KOOS score in the same groups (p=0.006), (p=0.033) respectively. However, there was no superiority on each other. There was no difference between groups in stair climbing test (p=0.063). Best improvement found in kinesiology tape group on pain might arise from the tape itself or the motivational effect of seeing this application for the first time. Further studies are needed for saying definite usage of kinesiology taping in gonarthrosis.
Aim of this study is to assess temporomandibular joint dysfunction in stroke patients. Method: 50 sub-acute and chronic stroke patient taking medical care in Çağsu Hospital and Izzet Baysal Physical Therapy and Rehabilitation Education and Research Hospital, and average age of 62,16±11,41 years, and 50 healthy person average age of 59,7±9,62 years was included. Fonseca questionnaire and craniomandibular index and digital caliper were used for the assessment of temporomandibular joint dysfunction. Results: Significant difference was found for the fonseca questionnaire and craniomandibular index scores, and range of motion parameters in intergroup examination (p<0,05). Discussion: It was concluded that, temporomandibular joint dysfunction prevalence was higher in stroke patients compared to healty persons and use of modalities specific to temporomandibular joint dysfunction treatment would be beneficial.
OP-56 A 20 Year Analysis of Fatal Traffic Accidents in Elderly in Eskişehir
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Introduction and purpose; It is thought that the elderly's types of exposure to traffic accidents and post-accidental injuries should be evaluated separately from the younger age group. In this context, it was aimed to evaluate the cases of mortal traffic accidents involving the geriatric age group in our city for 20 years period.

Materials and Methods; In this study judicial deaths related causes of traffic accidents over the age of 65 , during the 20-year period 1997-2016 will be included in the study. The cases were analyzed according to the demographic data, the location of the scene, the type of accident, the location of the victim at the time of the accident, and the causes of death.

Results; In the period covered by the study, 413 elderly in Eskişehir were determined to have died as a result of traffic accidents. Mean age was 73.17 ± 6.46, 321 (77.7%) were male and 92 were female (22.3%). It was determined that 65.1% of the cases (n = 272) were pedestrian and in 279 cases deadly wound located in the head region (66.7%).

Conclusion; High mortality rate of road traffic injuries in this group especially in pedestrians should be taken into consideration and strategies aimed at the road-user safety including periodic medical examination and improvement of road structure and facilities.
OP-57 The Effects of In-vitro Used Amitriptyline, Fluoxetine, Tranylcypromine and Venlafaxine on Saphenous Vein Grafts That are Oftenly Used in Coronary Artery Bypass Surgery

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In this study, amitriptyline, fluoxetine, tranylcypromine and venlafaxine’s responses in isolated human saphenous vein grafts and the role of vein endothelium in these responses are examined. Isolated human saphenous vein grafts taken from 59 people were used in experiments. Every piece of tissue of 2-3 mm was hung on organ baths. After tissue samples with both intact and damaged endotheliums precontracted by phenylephrine 3.10^{-6}M, amitriptyline, fluoxetine, tranylcypromine 1.10^{-11}-3.10^{-5}M and venlafaxine 1.10^{-8}-3.10^{-5}M in the concentration range was added cumulatively and percentage graphs of concentration-relaxation which belongs to antidepressants are gathered. In saphenous vein with endothelium on the minimum and maximum therapeutic concentrations the most relaxation was done by tranylcypromine, in the vein grafts without endothelium the most relaxation was done by amitriptyline. The least relaxation in both tissues was done by venlafaxine.

Keywords: Isolated human saphenous vein graft, phenylephrine, amitriptyline, fluoxetine, tranylcypromine, venlafaxine.
OP-58 Adamts 16 Expression And Correlation With Fsh And Lh In Ovarian Follicles

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ADAM TS (A Disintegrin and Metalloproteinase with Thrombospondin motifs) are an extracellular protease family found in both mammals and invertebrates. Dysregulation or functional changes in the proteases in the ADAM TS family are related to reproductive disorders like polycystic ovarian syndrome (PCOS) and premature ovarian failure (POF). In this study, an attempt was made to determine the correlation between ADAM TS-16 expression with FSH and LH in follicular epithelium. Material and Method: The study included cases who underwent oophorectomy from 2013 to 2015 with tissue samples sent to the pathology department. Cases and reports were taken from the archives with the age and sex data of the patients reported. The study included a total of 78 cases. These slices had FSH, LH and ADAM TS-16 applied immunohistochemically with the ABC technique. Results and Conclusion: After pathological investigation of samples taken from patients, the LH staining results (none, mild) were determined to vary linked to the FSH staining results (none, mild) (P<0.001). After pathological investigation of samples taken from patients, the LH staining results (none, mild) were determined to vary linked to the ADAM TS-16 staining results (none, mild and moderate) (P=0.013). After pathological investigation of samples taken from patients, the FSH staining results were determined not to vary linked to the ADAM TS-16 staining results (P=0.308).
OP-59 Reminiscent of Aging: Retaining Ligaments

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Face locates between the chin, forehead and two ears in the front part of the head and shows who we are. Bones of the facial skeleton give the basic form of the face. The facial muscles originates from facial bones and inserts to skin. The fibrous ligaments extending perpendicularly between the skin and subcutaneous tissue and the periosteum of bone layer are called retaining ligaments. While the retaining ligaments stabilize the skin to deep tissues, they also provide support for mimic muscles and superficial fat compartments. The final shape of the face forms by the position of soft tissues. The major retaining ligaments in the face are the orbicularis retaining ligament, zygomatic cutaneous ligaments, the mandibular cutaneous ligament, the masseteric cutaneous ligament, and the platysma auricular ligament. Face is one of the places where age-related changes are most noticeable. As the retaining ligaments lose their strength, the effect of gravity causes our skin to sag, and the fat pads shift downward. The retaining ligaments separate the facial compartments and they are landmarks to find neurovascular structures during the surgical procedures applied to the face. Therapies that aims to take retaining ligaments back to their primerly localizations and support their fixation strength are examples of facial aesthetic and facial rejuvenation interventions. Understanding of the structure and function of the retaining ligaments is critical for any health professional who performs interventional therapies to face.
OP-60 Importance of Mimic Muscles in Terms of Aesthetic Anatomy

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Anatomy is the discipline that examines the shape, internal and external structure of living beings. The aesthetic anatomy examines the human anatomy with a beauty sense. Nowadays, medical specialist such as plastic surgeons, dermatologists and orthodontists are performing treatments to make individuals happier about their aesthetic view by applying various non-invasive and invasive treatments. Contractions of face muscles form mimics that reflect the feelings of the person by pulling skin toward face bones. Therefore they are called 'mimic muscles'. Facial shape, features, mimics and expressions are important factors affecting communication with other people. M.frontalis, m.procerus and m.orbicularis oculi, m.nasalis, m.levator labii superioris, m.zygomaticus major, m.zygomaticus minor, m.buccinator, m.risorius, m.levator anguli oris, m.orbicularis oris, m.mentalis, m.depressor anguli oris, m.depressor labii inferioris, m.platysma are mimic muscles and they are innervated by n.facilis. If natural aging process, traumatic or non-traumatic pathologies of facial mimic muscles affect negatively beauty sense of individuals they may demand aesthetic interventions. Botox application to mimic muscles is one of common aesthetic treatments that perform to stop or reverse aging effects. Detailed knowledge of the functional anatomy of the mimic muscles may contribute to the aesthetic satisfaction of the patients after treatments.
OP-61 Colchicine effect on post-translational modifications of eukaryotic elongation factor-2

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Eukaryotic elongation factor 2 (eEF2) is an important protein that catalyzes the translocation of the peptidyl tRNA on the ribosome and comprises cellular control mechanisms through post-translational modification (ADP-ribosylation, phosphorylation). These modifications inhibit its activity, resulting in inhibition of eukaryotic protein synthesis. Colchicine is an alkaloid extracted from Colchicum autumnale and have been used successfully for inflammatory and non-inflammatory conditions. Colchicine causes microtubule depolymerization by binding tubulin. However, a clinical response is already observed with blood level of less than 7 ng/ml, it needs higher concentration to disrupt microtubule. These differences showed that colchicine effects on microtubule may not be explanation for molecular mechanisms of treatment. In this present study, colchicine effect on cell viability was tested with MTT assay in THP-1 (Human leukemic monocytes), HUVEC (Human leukemic monocytes and Hep3B cell lines. Besides, endogenous ADP-ribosylation and phosphorylation of eEF2 were explored in colchicine treated THP-1 cells with western blot. In conclusion, it’s shown that endogenous ADP-ribosylation of eEF2 was increased and phosphorylation of eEF2 was decreased in the presence of colchicine.
Diabetic nephropathy (DN) is characterized by albumin secretion more than 300 mg per day with continuous positive urine albumin (without diabetic renal disease) in diabetic patients. MTHFR plays an important role in folate metabolism. Human MTHFR gene is localized on chromosome 1 (1p36-3). The MTHFR C677T gene polymorphism is the most common polymorphism of the MTHFR gene and is characterized by cytosine/thymine base exchange at position 677 of the gene. There are studies showing that MTHFR C677T gene polymorphism is associated with Type 2 DM. Therefore; the purpose of our study is to determine the relationship between MTHFR C677T gene polymorphism genotype distributions and DN development in patients with type 2 DM. Our study was performed by 93 DN patients and 95 controls with Type 2 DM. DNA isolation was performed from blood containing EDTA obtained from patient and control groups. The purity and quality of the DNAs isolated were measured with nanodrop spectrophotometer. Polymerase chain reaction (PCR) and restriction fragment length polymorphism (RFLP) methods were used to determine MTHFR C677T gene polymorphism genotype distributions. The significant difference was not found in the comparison of MTHFR C677T gene polymorphism genotype distributions between DN patients and controls with Type 2 DM (p>0,05). MTHFR C677T gene polymorphism genotype distributions in patients with Type 2 DM were not identified as a genetic risk factor in the development of DN.
OP-63 Neglect In Childhood Poisoning
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Poisoning is occurrence of some signs and symptoms in the organism resulting from the exposing of a toxic substance in quantities and various ways which will harm the body. Every age of group can be poisoned but the incidence of the poisoning at the children are more than the others. Accidents may occur due to a neglect of the children. Poisoning, asphyxia, injuries are the main causes of accidents due to neglect. According to TUİK in 2015, children between 1-17 years of age had been died mostly from poisoning and external injuries. Twenty-five percent of poisoned children are poisoned twice in a year, and 90% of poisonings are in house and with the single agent. Despite the fact that poisoning can be prevented by simple precautions, the fact that the family does not take any precautions is within the scope of negligence. Abuse and neglect is a serious problem for traumatized children. The lower the sociocultural level of the family, the greater the risk of poisoning in children may occur. Because low awareness of the family, characteristic in toxic substance which may cause poisoning are unknown, litter toxic substance around and adequate measures are not taken. In this study, a survey was conducted with face to face interviews with parents who have 0-8 year old children in Tekirdağ and the preliminary results will be presented at this meeting.
OP-64 Vascular Cell Adhesion Molecule 1, Intercellular Adhesion Molecule 1, and Cluster of Differentiation 146 Levels in Patients with Type 2 Diabetes with Complications

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Type 2 diabetes mellitus is a multisystemic, chronic disease accompanied by microvascular complications involving various complicated mechanisms. Intercellular adhesion molecule 1 (ICAM-1), vascular cell adhesion molecule 1 (VCAM-1), and cluster of differentiation-146 (CD146) are mainly expressed by endothelial cells, and facilitate the adhesion and transmigration of immune cells, leading to inflammation. In the present study, we evaluated the levels of soluble adhesion molecules in patients with microvascular complications of T2DM. Methods: Serum and whole blood samples were collected from 58 T2DM patients with microvascular complications and 20 agematched healthy subjects. Levels of soluble ICAM-1 and soluble VCAM-1 were assessed using ELİSA, while flow cytometry was used to determine CD146 levels. Results: Serum sICAM-1 levels were lower in T2DM patients with microvascular complications than in healthy controls. No significant differences were found in sVCAM-1 and CD146 levels between the study and the control group. Although patients were subdivided into groups according to the type of microvascular complications that they experienced, cell adhesion molecule levels were not correlated with the complication type. Conclusion: Insulin and ACE-inhibitors have been shown to decrease soluble adhesion molecule levels via various mechanisms, so we suggest that the decreased or unchanged levels of soluble forms of cellular adhesion molecules in our study group may have resulted from insulin and ACE-inhibitor therapy, as well as tissue-localized inflammation in patients with DM.
OP-65 Do Standard Carotid Artery Endarterectomy And Primary Closure Technique Cause Early Restenosis in Diabetic Patients?

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Introduction: We aimed to investigate carotid restenosis in 2 years follow up in diabetic and nondiabetic patients whom underwent standard carotid endarterectomy with primary carotid closure and determine whether diabetes mellitus is a risk factor for early stenosis for this surgical procedure. Patients and Methods: We retrospectively assessed the data of patients whom underwent standard carotid endarterectomy with primary carotid closure from hospital registry and outpatient clinic follow up between January 2006 and January 2012. Study included 25 diabetic and 25 nondiabetic, in total 50 patients. The control carotid doppler ultrasonographies and/or computerized tomography angiographies of the patients at postoperative 1, 6, 12, and 24th months were examined and stenosis rate between 70% and 99% was regarded as significant carotid restenosis. Results: When the diabetic and nondiabetic group patients were compared for early carotid restenosis in 2 years, there were 3 (12%) patients in the diabetic group and 4 (16%) patients in the nondiabetic group with restenosis. A statistically significant difference for early carotid restenosis was not observed between the two groups. Discussion: Standard carotid endarterectomy and primary closure of the artery is a successfully performed surgical procedure in diabetic patients. We concluded that diabetes mellitus is not a risk factor for early restenosis in diabetic patient population according to the results of our research.
OP-66 Selenoprotein P1 (rs3877899) Polymorphism and the Maternal Selenium Levels in Gestational Diabetes Mellitus

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Selenium is of fundamental importance to human health. It is an essential component of several major metabolic pathways, including, antioxidant defence systems, and immune function. Selenoprotein P (SeP) has antioxidant and metabolic functions in the body. Recently, it has been demonstrated that SeP played an important role in glucose metabolism and the regulation of insulin sensitivity as a new hepatokine. The purpose of this study was to determine whether common variations in selenoprotein P1(SEPP1) alter the circulating maternal selenium levels in Gestational Diabetes Mellitus(GDM). 72 pregnant with GDM and 64 healthy pregnant from the same geographic region were included in the study. Allele-specific Polymerase Chain Reaction(ASPCR) analysis was used to identify polymorphisms of the SEPP1 gene(rs3877899). The levels of selenium were measured by ASS. Our results indicated that the distribution of the SePP1 genotypes and alleles did not differ significantly among subjects with or without GDM(p>0.05). Additionally, the selenium levels in GDM did not differ significantly from those of controls.Although SeP plays a key role in glucose metabolism, the rs3877899 variant and selenium levels did not changed occurrence of GDM in our population. Different mechanisms may be involved in etiopathogenesis of GDM. It should be clarified with further studies in larger populations.
OP-67 The Effects of Radiotherapy on P53, Zinc and Copper Levels in Patients With Prostate Cancer

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The expression of various proteins has an important role in the tumor cell response to radiotherapy. In the efficacy of radiotherapy, cellular radio-resistance plays a critical role. p53 is an important check point protein in DNA damage response. Together with target genes located in many cellular response pathways, it transcriptionally regulates processes such as cell cycle arrest and survival, or cellular death by apoptosis. The trace elements, copper and zinc play role in intracellular signal transduction such as, MAPK,p53,NF-kB and AP-1 cascades. The aim of this study was to search changes in plasma/serum p53,copper(Cu) and zinc(Zn) levels in patients with prostate cancer before and after radiotherapy. Thirty-five patients who underwent external radiotherapy for prostate cancer were included in the study. Blood samples were collected before radiotherapy was started and after radiotherapy was completed. The p53 levels were determined by ELISA; copper and zinc measurements were done by ICP-OES method. Copper and zinc levels did not differ significantly in the patient group after radiotherapy compared to before radiotherapy. However, we found that p53 levels decreased in 29% of patients and increased in 69% of patients. This study shows that p53 may play an important role in response to radiation therapy in prostate cancer. The p53 levels increased in some patients and decreased in other patients. This may explain the variability of radiotherapy therapeutic response in a patient population with prostate cancer.
OP-68 The Effects of Radiotherapy on Total Antioxidant Capacity and 8-Hydroxy-2'-Deoxyguanosine Levels in Prostate Cancer

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It is known fact that the ionizing radiation can directly damage DNA, lipid and protein molecules in cells. Most of the ionizing radiation(IR) damage and its cytotoxicity are associated with the production of reactive oxygen species. In the presence of a potent antioxidant system, cancer cells may be more resistant to IR. The aim of this study was to investigate changes in 8-hydroxy-2'-deoxyguanosine(8-OHdG) which is indicative of DNA oxidative damage and total antioxidant capacity(TAS) levels in patients with prostate cancer before and after radiotherapy. Thirty-five patients who underwent external radiotherapy for prostate cancer were included in the study. Blood samples were collected before radiotherapy was started and after radiotherapy was completed. TAS and 8-OHdG levels were measured by ELISA method. 8-OHdG levels were higher in the patient group after radiotherapy than before radiotherapy. TAS levels decreased after radiotherapy. In this study, we showed that the total antioxidant capacity decreased; and the DNA damage increased in patients with prostate cancer after radiotherapy. This increase in oxidative stress may contribute to the mechanisms that determine the success of radiotherapy in prostate cancer.
OP-69 Detection of IL6 and ACE endurance gene polymorphisms in bodybuilding athletes

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Sportif performance is considered as a combination of mental and physical performances of athletes. The effects of genetic factors in the formation of athletic performance, which is a feature that can be developed by regular training, have been proved through studies. In this study, we aimed to determine the angiotensin converting enzyme (ACE) genotype and Interleukin 6 (IL6) and allele distributions in bodybuilding athletes.

METHOD: 15 bodybuilding athletes were participated in the study. DNA isolation from the athletes was completed using a commercially provided kit (Invitrogen, Van Allen Way Carlsbad, CA, USA). ACE genotyping using conventional polymerase chain reaction (PCR) protocol as well as IL6 genotyping using real time polymerase (RT-PCR Thermo fisher quantstudio 3, Van Allen Way Carlsbad, CA, USA) chain reaction protocol.

RESULTS: In bodybuilding athletes, IL6 (15) genotype frequencies and numbers were GC 34% (5), GG 66% (10). G allele was counted as 83% (25) and C as 17% (5). ACE (11) genotypes were DD 9% (1), ID 73% (8), II 18% (2). D and I allele was counted as 45% (10) and 55% (12), respectively.

DISCUSSION: In cohort, the GG genotype for IL6 genotype was higher than GC and ID genotype and D allele were found to be predominant in ACE gene polymorphism. Genetic studies for sportive performance in Turkey were first performed the IL6 gene region in literature. We think that ACE and IL6, two of the genetic markers responsible for athletic performance, is effective in identifying sports branches of individuals and are effective in intra-branch referrals.
OP-70 Determination of IL6 Gene Polymorphisms in Professional Swimmers
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Athletic performance is a power limit that is determined by the athletes' mental and physical activities. Sports genetics studies include a comprehensive study of identifying genes that affect athletic performance, clarifying movement mechanisms and determining their sensitivity to athletic performance. In our professional bladder study group, the predominance of the GG genotype and G allele from the IL6 gene polymorphisms suggests that this polymorphism is one of the factors affecting the athletic performance tendency for the target individuals to become athletes.
OP-71 Analysis of School of Health Students’ Level of Healthy Life Style Behaviors

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It has been observed in our society that the willingness to pursue a healthy life, especially among the young population, is increasing and that this desire is transforming into a value judgment. This study aims to examine the healthy lifestyle behaviors of students who are studying at Health College. For this purpose, a total of 354 students, 236 from Nursing, 57 from Midwifery and 61 from Child Development department, participated voluntarily in this study which was carried out in two separate health schools of Adnan Menderes University in March-April-May 2017. SPSS 20.0 statistical software was used for the statistical analysis of the data. The significance test of the difference between the two means was examined by t-test of the independent variables. The significance test of the difference between the multiple means was examined by the one-way variance analysis (ANOVA), and the post-hoc (Tukey, Scheffe, Games-Howell) tests were used for the variables with significant differences. When we examine the sums and sub-dimensions of healthy lifestyle behaviors scale according to demographic variables, significant differences were found according to monthly income status, gender, enrolled school, department and class, the place where she lives during and before university education and smoking habit. There were no significant differences in terms of family structure, marital status, age range and the amount of alcohol use.
OP-72 Sudden Cardiac Death in Sports: Knowledge and Opinions of Physical Education and Sports College Students

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The aim of the study was to determine the knowledge and opinions of the physical education and sports college students’ about sudden cardiac death in athletes. The study was conducted with 691 students (N = 1211) who attended physical education and sport teaching, recreation, coaching education and sports management departments. The students’ mean age was 20.7±2.3 years, 56.2% were male and 38.6% were students in coaching department. 12.7% of the students experienced sudden cardiac death in their friends. Of the students 52.8% did not know what a sudden cardiac death was and 14.9% identified sudden cardiac death as a heart attack. 22.9% of the students stated that the most common cause of sudden cardiac death was doping and unconscious supplement use and 20.3% stated heavy training programs. According to the students (24.7%), the frequency of sudden cardiac death in athletes in our country was between 2% and 5%. Most of the students (48.8%) stated that sports such as football, basketball, middle and long distance running and swimming are the most risky sports for sudden cardiac death. The proportion of students who stated that they did not have any education about sudden cardiac death was 77.3%. Students (41.7%) stated that detailed and regular health checks had to be done in sports to prevent sudden cardiac death and it is necessary for athletes and coaches to be given special training (27.9%) in this regard.
OP-73 Determination of IL-6 Broad Polymorphism Distributions in Turkish Professional Cyclists

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Exercise affects both the cellular and humoral immune system. It is known that regular exercise strengthens the immune system and intense and prolonged exercise is characterized by impaired cellular immune system and increased inflammation. It has been reported that IL-6, a muscle-derived cytokine, modulates leukocyte trafficking after exercise, modulates exercise immunological and metabolic responses. IL6 gene polymorphism has been shown to be genetic predisposition for individuals in endurance sports. Determination of the genetic factors affecting the athletic performance is important for directing the individuals to the sportive branches appropriate to their genetic structures and training successful athletes. 30 professional cyclists and 30 sedans (control) participated in the study to determine the IL-6 genotype and allele distributions in Turkish professional cyclists. IL-6 genotyping was performed by Real-Time PCR technique. The allele distributions of the IL-6 genotype distribution were as follows: C / C 13%, C / G 24% and G / G 63%, control group C / C 7%, C / G 43% and G / G 50% In the study group, C allele was found 25%, G allele 75%, control group C allele 28% and G allele 72%. In both groups, the GG genotype was more dominant than the G allele in terms of IL-6 gene polymorphism. However, no statistical difference was found between the groups (p = 0.680). In conclusion, we think that more studies should be done in order to be genetic markers that can be related to the athletic performance of IL-6 gene polymorphism.
Thirty-three years old female patient with parathyroid adenoma. She has been dialyzing for 3 years due to chronic renal failure and using antihypertensive drugs for 5 years. Three months ago, she felt swelling in her chin, and mandibular fractures were detected in the examinations. Fractures in the femoral region were detected in the patient who had severe pain on the right femoral region 15 days ago. In the blood analysis, PTH was 1638 pg/ml, calcium was 9.2 mg/dl and urea was 91 mg/dll. Electrocardiogram showed progressive loss of R wave and mild ventricular dysrhythmia. There were both hilar fullness in the chest radiographs. Mouth opening and neck movement were limited. The Mallampati score was 4 Anesthesia was induced hypoventilation was avoided by capnography control because of increased ionized calcium in the presence of acidosis Considering the injury of the cervical vertebrae connected to the advanced osteoporosis in the patient, presence of mandibular fracture, limited mouth opening, high Mallampati score; Intubation was performed with a Truview 2 Laryngoscope with an angled optical camera system. Result: In patients with hyperparathyroidism, osteoporosis-related mandibular fractures and fractures in the cervical vertebrae are more likely to occur. Laryngoscope with cameras are good option for advanced intubation difficulty and for minimizing the catecholamine discharge by maneuvers during laryngoscopy. Conclusion: Hyperparathyroidism is a rare but difficult clinical condition for clinicians. Laryngoscope with cameras are good options for those.
OP-75 Assessment of the Beliefs and Behaviors of Female Factory Workers Regarding Breast Cancer and Health Motivation
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Introduction: Breast cancer is one of the most common cancer types observed among women in the world and in our country. In this study, we aim to assess the beliefs and behaviors of female factory workers regarding breast cancer and health motivation.

Methods: This descriptive and cross-sectional study is applied in a hazelnut factory in Giresun (Turkey) during 01.02-28.04.2017. Universe of the study comprises 220 female workers at the factory. The study is applied to 177 workers who agreed to participate. Data is collected with a questionnaire form including questions on socio-demographic characteristics and on breast cancer, together with Champion’s health belief model scale. During data assessment; frequency, percentage, Chi-square test and t-test in independent samples are used.

Findings: Mean age of the workers is 33.7±8.4 and 47.5% of them are high school graduates. 74% of them are married. 21.4% of them are smokers. 89.8% of them do not practice regular physical exercise, 39% of them are mildly obese and 16.9% of them are obese. For the workers who stated to have been informed about breast cancer, frequency of breast self-examination and perception of disease importance are significantly higher (P<0.01). Confidence/self-effectiveness score of the ones performing self-examination is significantly higher (P<0.05). Mean health motivation score is 23.2±7.8 and is at medium level.

Conclusion: At the workspace, trainings related to the prevention of breast cancer and increasing the awareness on the predisposing factors will be beneficial for protection from breast cancer.
OP-76 The Effects of Using Sirolimus on Inflammatory Process in Rats with Experimental Collitis Induced by Acetic Acid

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The Inflammatory Bowel Diseases (IBD) are frequently seen chronic gastrointestinal system disease and it is characterized by defective immune response. Sirolimus, a serine-threonine kinase inhibitor, causes discontinuance and apoptosis in the G1 phase of the cell cycle. We investigated the effect of sirolimus on inflammatory processes by macroscopic, light microscopic, biochemical and immunohistochemical evaluation in an experimental colitis rat model with acetic acid.

Material and Method
Thirty female Sprague-Dawley rats were divided into 3 groups. First group was the control group, second was colitis group and the third was colitis group which was treated with sirolimus.

Results
There was no statistically significant difference found between the colitis groups in macroscopic and microscopic evaluation (p > 0.05). Interleukin-1 and 10 levels were significantly increased in colitis group. However there was a statistically significant decrease in interleukin-1 and 10 levels in colitis group which was treated with sirolimus (p < 0.05). Cluster of differentiation 3+ and 5+ and 45+ T lymphocytes average range was were significantly increased in colitis group. Proliferating cell nuclear antigen proliferation index in colitis group which was treated with sirolimus was statistically higher than the colitis group (p < 0.05).

Conclusion
More extensive studies should be performed about the effects of sirolimus in the treatment of inflammatory bowel disease. There is a need for more comprehensive studies to prove the efficacy of sirolimus in the treatment of IBD.
OP-77 Jejunojejunal Intussusception Secondary to Bowel Metastases from Cutaneous Melanoma

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The gastrointestinal tract is a common site of malignant melanoma metastases, but intussusception of the small intestine associated with this metastasis is rare. Patients with intussusception may have mild symptoms or patients may come to the emergency department because of mechanical bowel obstruction. In this article, we aim to present a case of intussusception which occurs because of malignant melanoma metastasis. Case A 58-year-old male patient diagnosed with cutaneous malignant melanoma in 2012 is consulted in emergency department because of abdominal pain, nausea, vomiting and rectal bleeding. Jejunojejunal intussusception was detected on CT scan. Explorative laparotomy was performed, approximately 25 cm small bowel segment in the distal jejunum was seen that malignant mass attached to the intussusception area. This small intestine segment was resected and side to side anastomosis was performed. Pathologic examination of resected material revealed a necrotic mass with a diameter of 16 cm. S-100, HMB-45 and melan-A were positive in tumor cells in immunohistochemical examination. Based on this information, it was concluded that the cause of mechanical bowel obstruction was metastasis of malignant melanoma. Conclusion Metastatic malignant melanoma of the intestines, which can cause to the intestinal intussusception is an uncommon clinical situation. If the patient has a malignancy, we must keep in mind that a metastatic mass may cause intestinal intussusception.
OP-78 A Retrospective Analysis of 54 Patients underwent Rigid Bronchoscopy
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Objective: We aim to analyze the surgical and anesthesiological perspective of patients underwent rigid bronchoscopy via general anesthesia. Methods: Between January 2009 and November 2009, 54 patients underwent rigid bronchoscopy were retrospectively analyzed. Patient’s demographic features, comorbidities, indication of procedures, complications, type of stent and the length of both anesthesia and surgery were analyzed. Induction anesthesia was performed with propofol and vecuronium; intubation was undertaken by rigid bronchoscopy. Subsequently, intermediate positive pressure with 100% oxygen was delivered through the standard circuit connected to rigid bronchoscope. Results: The indications were malignant disease (n=35), postintubation stenosis (n=8), tracheomalasia (n=4), hemoptysis (n=4), endobronchial tuberculosis (n=2) and foreign body (n=1). The surgical procedures performed through rigid bronchoscope were; tumor destruction in 18, stenting in 12, biopsy in 11, stent removal in 4, aspiration of thick and purulent secretion in 3, hemoptysis in 2, dilatation for further stenting in one, foreign body removal in one, tumor destruction and biopsy in one and tumor destruction and stenting in one patient. The types of stents were 6 covered metallic stent and 7 silicone Y type stent. The mean duration of surgery and anesthesia was 38 min and 48 min respectively. Conclusion: Bronchoscopic management in patients with tracheal stenosis is safe and sufficient. The most important issue during anesthesia is to provide adequate ventilation and oxygenation.
OP-79 Our Clinical Experience of Renal Transplantation from Trakya University
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We retrospectively reviewed the patient characteristics, outcome, of renal transplantation performed at our center. Materials and Methods Patients who underwent renal transplantation from 2010 to 2017 at our institute were reviewed. Demographic data of the transplant recipients, etiology of renal disease, mode and duration of dialysis, surgical details of renal transplantation, medical and surgical complications and blood groups were assessed. Results Fifty one patients underwent transplantation comprising of 17 females and 34 males. The mean age was 44.6 years (range 19-75 years). The primary cause of renal failure was hypertension in 33% (17/51) of patient and the others were autoimmun diseases in %29 (15/51), diabetes mellitus in %8 (4/51) and the other causes in %29 (15/51). Thirty four patients had hemodialysis treatment before the transplantation at a meaning time of 39 months and 9 patients had periton dialysis treatment at a meaning time of 32 months. On the other hand 8 patients had no dialysis treatment before the transplantation. The donors of 38 patients were living and of the 13 patients were cadaver. There were 3 mortalities. Conclusion The organ donation rates are low in our country whereas many renal failure patients need renal transplantation. In other countries the rates of living donors are lower than the cadaveric donors but in our country the ratio of cadaveric donors are lower than the living donors. We believe that if we get a higher cadaveric organ donation ratio we can do more renal transplantation operations for these chronic patients.
OP-80 A Rare Indication for Emergency Mastectomy: Breast Gangrene
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Introduction Breast gangrene is a rare emergency condition. It can be idiopathic or secondary to breast trauma, core biopsy or puerperal abscess. Some of the breast gangrenes in literature were related with diabetes or topical belladonna agent. This condition may also be related with lack of personal hygiene. Material and Method There were three cases of breast gangrenes admitted to our emergency unit in the last two years. Their application complaints were pain, swelling and bad smell of their breasts. Ages of the patients were 48, 52 and 57. All of the patients were female. Two of the three patients had diabetes mellitus as co morbidity. One of the patients which admitted with gangrene of right breast had history of left mastectomy ten years ago related with breast cancer; but there is not any accessible pathologic report for this previous specimen. All of the patients had gangrene of their right breast and simple mastectomy was performed. None of the specimens had carcinoma at pathological findings. Their pathological findings were reported as focal ischemic necrosis and degenerated stratified squamous epithelium with abscess and fat necrosis. Conclusion Although idiopathic gangrene of breast is rare; it is a leading cause of emergency mastectomy. Breast gangrene might have serious results like severe sepsis and septic shock if left untreated. It should be noted that early surgery is vital for patients with breast gangrene.
OP-81 The Relationship Between Sexual Dysfunction, Quality Of Life And Depression İn Postmenopausal Women

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Objectives: The aim of the study is to examine the relationship between sexual function, quality of life and depression in women during the postmenopausal period.

Materials and Methods: 100 postmenopausal women were included in the study. The socio-demographic information of the individuals participating in the study was questioned with the demographic evaluation form. The Female Sexual Function Index was used to determine sexual dysfunction in women participated the study, Beck Depression Scale to measure depression, and the Nottingham Health Profile to evaluate quality of life. Results: The mean age of the subjects was 59.42±8.77 years. In the analysis of correlation, postmenopausal women had a relationship between sexual function scale and total quality of life, pain, sleep, social isolation, emotional reactions and depression (p <0.05). There was no correlation between physical activity which is one of the subparameters of quality of life and sexual function scale (p> 0.05). Discussion: It is concluded that there is a correlation postmenopausal between sexual function and quality of life and depression status in postmenopausal women. Sexual well-being is one of the most important indicators of quality of life. In our country, there is a need for more extensive studies that examine the psychological and sexual impact of postmenopausal women.
OP-82 Evaluation Of Hearing In Children With Autism
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Problems in social interaction and language development are regarded as one of the main indicators of autism at an early age. Because of communication problems and lack of attention to voices, children with autism may be initially suspected to have hearing impairment. The aim of this study was to present hearing evaluation findings of children with autism between 3 and 14 ages (M= 6.2±3.06). Hearing reports of 55 children, of whom 11 were diagnosed as autism and 44 atypical autism, were analyzed retrospectively. The results showed that although about 80% of the cases were applied behavioral audiometry, majority of children needed to be reassessed using objective audiometric tests because of unreliable test results. In the middle ear investigation with tympanometry, type C tympanogram suggesting eustachian tube dysfunction was obtained from 6 ears and type B tympanogram indicating middle ear effusion was found in 3 ears. One case had bilateral and one case had unilateral slight degree hearing loss. Although examining the hearing status of children with suspected autism is a usual part of the pre-diagnosis process, hearing should be evaluated regularly to prevent potential developmental consequences of otitis media.
OP-83 Effect of Mitomycin-C Applied Through Different Approaches Following Tracheal Surgery On Development of Granulation Tissue and Level of Nephrotoxicity in RATS

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The aim of this study was to evaluate the effect of mitomycin-C (MMC) applied through different drug administration approaches on the development of granulation tissue in the field of surgery and renal functions in rats which underwent tracheal surgery. Materials and Methods: Fifty adult Sprague-Dawley rats were divided into five groups. An incision was performed between the 5th and 6th cartilage ring of the trachea in all groups under anesthesia. A single dose of MMC 0.5 mg was applied in the experimental animals appropriate with their assigned groups as local, intraperitoneal injection, injection to the wound edges, through inhalation. Tracheal tissue samples were histopathologically evaluated. The diameter and wall thickness of the trachea were measured. Blood urea and creatinine levels were evaluated for nephrotoxicity, the kidneys were histopathologically examined for glomerular pathology. The data was statistically analyzed using the Mann-Whitney U test. Results: Epithelization was found to be statistically significantly decelerated, the diameter of the trachea was found to be statistically significantly enlarged, and the wall thickness of the trachea was found to be significantly increased in the group with local MMC application compared to the control group. Conclusion: Locally applied MMC following tracheal surgery slows down epithelization, decreases the development of granulation tissue and maintains a wider diameter of the trachea.
Mastocytosis is a rare condition characterized by idiopathic proliferation of mast cells which are defense cells responsible from the immunological responses in several tissue and/or organs (such as skin, bone marrow, gastrointestinal system). Tyrosin kinase KIT receptor mutation is observed in the mast cells. It is classified as systemic mastocytosis (SM) and cutaneous mastocytosis (CM) or urticaria pigmentosa (UP) by the World Health Organization (WHO) and divided into several subgroups. The prevalence and incidence rates of tyrosin kinase KIT receptor mutation are 1/10,000 persons and 4-5/1,000,000 persons, respectively in the United States. About two-third of patients with mastocytosis are diagnosed before age one, and 80% of cases are isolated CM presentation. Systemic findings are observed in mastocytosis cases in adulthood, whether with skin involvement is present, and involvement is observed in several organs such as bone marrow, gastrointestinal system, spleen. Herein, we present two rare cases of mastocytosis in whom anesthesia maintenance was applied. Both cases were operated with different indications and developed life-threatening complications.
Interstitial lung diseases (ILD) have a wide spectrum of diseases that are very similar in their clinical features and may be non-specific in terms of baseline examination. Despite advanced diagnostic methods, about 1/3 of the ILD can not be diagnosed definitively and surgical biopsy is required. This study was conducted to demonstrate the diagnostic accuracy and safety of the single port videothoracoscopic surgery (uVATS) approach in the diagnosis of ILD.

Method:
Twenty-three patients (12 males, 11 females; mean age: 51.5 years) who underwent pulmonary biopsy uVATS for ILD preliminary diagnosis between January 2011 and December 2015 were retrospectively evaluated in our clinic. All samples were taken to the microbiology and pathology departments for diagnosis. Results: All of the patients were diagnosed histopathologically and the diagnostic accuracy of this procedure was calculated to be 100%. Discussion and conclusion: Single port VATS provides adequate tissue volume for histopathologic diagnosis of ILD, with a lower incidence of postoperative mortality and morbidity in comparison to open lung biopsy. Compared to conventional VATS (two or three ports), it has the advantage of less incision and scar. uVATS is a safe and comfortable method in the definite diagnosis of ILD is observed.
OP-86 Evaluation of Hearing in Children with Specific Learning Disability
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Although hearing play an essential role in language development and learning, the term “specific learning disability” does not include difficulties that are primarily result of hearing impairment. Assessment of hearing is important to exclude hearing loss as a cause for the problem. The aim of this study was to present hearing evaluation findings of children with specific learning disability. Hearing reports of 7-16 aged 209 children (63 girls and 146 boys) identified as having learning disability among the cases who applied to obtain health board report were analyzed retrospectively. The results of the hearing evaluation showed that 16.22% of the cases had slight and 6.22% had mild degree conduction type hearing loss. Of the 13 children with mild hearing loss 4 had bilateral loss. Type B tympanogram indicating middle ear effusion was found in 14 ears whereas type C tympanogram was obtained from 33 ears. Mild or even a slight hearing loss in children with learning disability who experience difficulties in language and academic skills can affect children’s ability to understand language and make existing problems worse. For these reason, special attention should be given to the evaluation of hearing regularly in children with specific learning disability.
OP-87 Views Of Physiotherapy Students Towards Behavioral Sciences Applied to Health Sciences Vocational Colleges (Sample Of Namık Kemal University)

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Behavioral sciences are a very meaningful study designed to study all aspects of behavior as well as individuals to better understand people in social relations. For this reason, behavioral sciences include studies in many fields such as anthropology, biochemistry, ecology, economics, education, mathematics, neurology, pharmacology, physiology, political sciences, psychiatry, psychology, sociology, statistics and health. In this study, the effectiveness of the behavioral sciences course taught at vocational schools of health services will be determined in accordance with the opinions of the physiotherapy pre-graduate students who take the course. The study was carried out with 30 students who were studying at Tekirdağ and Namık Kemal University with the 1st grade students and semi-structured interview form was applied to the students. The results obtained in the study are important to contribute to the enhancement of the effectiveness of the Behavioral Science course given in SHMYO. According to the results of the research, it has become clear that students need to understand what the concepts they need to learn, understand what the culture means, motivation, social groups, and personality, determination of attitudes and prejudices, and increasing interpersonal communication.
OP-88 An Analysis of Visions of Students of Child Development Department for Child Health and First Aid Course Applications

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Among the people who are in constant contact with children and who are in charge of educating them are educators who graduated from child development department. Although the parents are responsible for the children, their educators are the ones who are actually responsible for the knowledge. It is crucial that educators are aware of the normal developmental stages of a healthy child and are aware of protective measures so that the child can maintain healthy development. The effectiveness of mothers' health and first aid lessons and practices taught in associate degree programs in this study has been determined in accordance with the opinions of pre-baccalaureate students in health services vocational high school. The study was carried out with 25 students who were studying at Namık Kemal University in Tekirdağ province, 2nd grade students and semi-structured interview form was applied to the students. The results obtained in the study are important for the purpose of contributing to the enhancement of the effectiveness of Anne Child Health and First Aid lessons and practices in SHMYO. According to the results of the research, maternal child health and first aid lesson and practices; the importance of maternal child health by the students, the importance given to the maternal child health in the country, the practices performed, maternal and child health practices at birth and after, first aid practices, the topics and contents of the lesson and what tasks should be taken of the administrators of health service profession.
OP-89 Investigation Effects of Fear of Falling on Spatiotemporal Parameters of Gait in Elderly with Type-2 Diabetes Mellitus

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Diabetes mellitus (DM) is a chronic metabolic disease which is deterioration of carbohydrate, fat and protein metabolisms due to lack of insulin secretion or decreased insulin sensitivity of tissues and requires continuous medical care. Patients with DM fall more than their peers. The aim of this study was investigation the effects of fear of falling on spatiotemporal parameters of gait in elderly with type-2 diabetes mellitus. METHOD The study included 31 Type-2 DM patients who were diagnosed by a specialist doctor and 29 healthy control group over aged of 55 years. Fear of falling was assessed by International Fall Efficacy Scale. Spatio-temporal parameters of gait were measured with Zebris FDM-2. RESULTS In diabetics, as the fear of falling increased, the lenght of step (r:-660, p<0,01) and cadance (r:-401, p<0,01) decreased and duration of the step(r:390, p<0,05) increased. There was no statistically significant relationship between the fear of falling and the spatiotemporal parameters of gait in the control group(p>0,05). DISCUSSION The results of this study showed that fear of falling may affect spatiotemporal parameters of gait negatively. In the management of Type 2DM patients, fear of falling should be considered during gait training.
OP-90 Relationship Between Duration of Diabetes and Plantar Pressure Distribution in Geriatric Type 2 Diabetes

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AIM: Patients with diabetes Mellitus (DM) fall more than their peers. Impaired balance and load distribution is one of the risk factors that increase the risk of falling. The aim of this study was to investigate the relationship between duration of diabetes, body mass index (BMI) and plantar pressure disturbance in geriatric type 2 diabetes mellitus.

METHOD Thirty-one patients with Type 2 DM were included in the study. Study participants underwent a comprehensive assessment that included age, gender, BMI, visual problems, falling history, chronic diseases. Plantar pressure disturbance was recorded using Zebris™ FDM-2.

RESULTS As the duration of diabetes increased, the maximum forces of the right forefoot (r:-0.408, p<0.023) and left hind foot (r:-0.546, p<0.001) decreased. As the body mass index increased, the maximum forces of both forefoot (r:0.373, p<0.039; r:0.482, p<0.006) and middle foot (r:0.557, p<0.001; r:0.696, p<0.000) increased in both feet.

DISCUSSION The body mass index and duration of diabetes may effect plantar pressure distributions. Early diagnosis and treatment and weight control of patients should also be provided in management of diabetes mellitus.
OP-91 Relationship Between Stress Level, Head Posture And Temporomandibular Joint Problems İn University Students

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Purpose: The aim of this study was to investigate the relationship between stress level, head posture and temporomandibular joint (TMJ) problems. Methods: Twenty-one volunteers were enrolled to the study (7 subjects with TMJ pain, 14 subjects without TMJ pain). Stress level of volunteers were evaluated with the Perceived Stress Scale (PSS). The mouth maximum opening, rightward deviation and leftward deviation were evaluated in order to determine TMJ problems. Head posture of the volunteers was evaluated with observational method. Travma history of the volunteers was questioned. Results: 21 participants (12 female, 9 male) with a mean age of 19.57 years were included in the study. 61.9% of the volunteers were able to cope effectively with stress. There was no statistically significant relationship between stress level and TMJ functions (p>0.05). TMJ pain increase with chewing in 85.7 % of the participants and 28.6% of the TMJ pain group had trauma history. There was no statistically significant relationship between stress level and head posture (p>0.05). There was a statistically significant relationship between TMJ pain and head posture (p=0.026). Conclusion: The relationship between head position and TMJ pain can be explained by the close anatomic relationship and neurophysiological connection in cervical and temporomandibular regions. For this reason, we think that evaluation of the cervical regions should applied who suffers from TMJ pain.
OP-92 Evaluation of Knowledge Levels of Nurses about Enteral and Parenteral Nutrition Practices

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This study was aimed to evaluate knowledge levels of enteral and parenteral nutrition among nurses who are working in surgical, internal medicine, hematology-oncology, and intensive care units. Material-Method: This is a descriptive and cross-sectional study. One hundred and forty-two nurses were included. Knowledge levels of enteral and parenteral nutrition practices of nurses were evaluated using questionnaires. Results: Total working time, as a nurse practitioner was 46.93 months. It was found that, nurses had moderate knowledge of enteral (13.45±3.31) and parenteral (7.13±2.80) nutrition practices. Most common incorrectly answered questions were about storage places and duration of enteral nutrition products, residual gastric volume indicating delayed gastric emptying and nursing interventions to prevent possible infections (78.2%, 73.9% and 71.1% respectively). On the other hand, in parenteral nutrition uses, ideal way to give parenteral solutions that osmolarities are greater than 900 mOsm/l (83.8%), drug administration through central line ability (76.8%) and factors that increase the risk of infection (64.8%) were most wrongly answered questions respectively. Sixty-six percent of all nurses reported that they were trained in nutrition practices. Surgical nurses obtained lower knowledge scores than the scores of the nurses working in medical and intensive care units (p <0.05). Conclusion: Our study has shown that, knowledge of enteral and parenteral nutrition practices of nurses should be supported by theoretical and practical training periodically.
This study was planned to determine the metaphorical perceptions of nursing first year students towards the nursing profession. The descriptive study was conducted with 134 students studying at the first grade in a nursing department of a state university. The data was collected using a semi-structured questionnaire. The data was analyzed using descriptive statistical research methods (mean, standard deviation, percentage calculations). The average age of the students was 18.54±1.46. 78.4% of the students were female, 64.2% were graduated from science/anatolian high school and 82.1% did not have health workers in their family members. 64 different metaphores were formed in the study. Angel metaphor with 26.1% was uppermost. This metaphor was followed by mother metaphor (8.2%) and bee metaphor (4.5%). The metaphors that students made about the concept of nursing were gathered under seven conceptual categories, nursing as a profession that symbolizes unrequited sacrifice and help, as an indispensable profession, as a profession that makes life better, as a difficult profession, as a profession that does not seem like it, as a profession that symbolizes industriousness and as a multifaceted profession. It is suggested that metaphors can be used to reveal perceptions of nursing.
OP-94 Attitudes of Students Studying Elderly Care Towards Elderly Discrimination and the Influencing Factors

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This descriptive study was done in order to identify factors that influence the attitudes of students studying elderly care towards elderly discrimination. Method: The descriptive included students studying at Elderly Care Program in Kırklareli University and Namık Kemal University at 2015-2016 academic term. Data were collected by using “Personal Information Form” and “Ageism Attitude Scale” (AAS). Higher scores of AAS demonstrated positive attitudes towards elderly discrimination. Data were analysed by using descriptive statistics, student t-test, one-way ANOVA, Kruskal Wallis variance analysis and Mann Whitney U tests. p<0.05 value was accepted as significant. Permissions were granted from the relevant institutions. Results: Most of the students (73.5 %) students were female, 64.3% of them were at age group of 18-20 years, 54.1% were first grade students, 38.4% were graduated from regular high schools and 82.2 % reported that they chose to study elderly care program willingly. It was found that 71.9% of the students had negative connotation towards the concept of elderliness. The mean AAS score was found as 84.62 ±10.01. It was determined that the students who wanted to work with the elderly after graduation, who chose the department willingly had significantly higher ageism attitude scores. (p<0.05). Conclusion: It was found that students have a positive attitude towards elderly discrimination. Department courses must put more emphasis on issues that will enhance their positive attitude. Keywords: Elderly discrimination, attitude, elderly
OP-95 Stress Levels and Coping Strategies in Nursing Students’ in First Clinical Experience

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The study was designed to determine the stress levels and stress coping strategies of nursing students in their first clinical experience. The descriptive study was carried out with first grade students of the nursing department of a state university in the province of Tekirdağ. The study was conducted with 91 students who continued their education in the spring semester of 2016-2017 academic year and agreed to participate in the research. The data were collected by using General Information Form, Clinical Stress Questionnaire and Stress-Coping Patterns Scale. The data were analyzed using descriptive and comparative statistical research methods. The average age of the students participating in the study was 19.95 ± 2.91 years. 67.0% were female and 83.5% did not have nurses working in their family and 39.6% chose the profession because of the ease of finding a job. Clinical stress levels of the students were found to be 29.20 ± 7.92. It was determined that the students had the highest score in the subscale of self-confident approach (2.93 ± 0.54) when they coped with stress. As a result of the study, it was determined that the stress levels of the nursing students in the first clinical experience were low and using the most self-confident approach to cope with stress. Keywords: Clinical stress, coping with stress, nursing student.
OP-96 Perceptions of Parent’s Attitudes And Decision-Making Strategies In Adolescents With Type 1 Diabetes

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The purpose of this study is to determine the effects of parental attitudes on decision-making strategies in adolescents with type 1 diabetes mellitus. This descriptive study was conducted in Trakya University Hospital and Tekirdağ State Hospital. The study sample comprised 110 adolescents. Data were collected using “Survey Form, “The Attitude of The Parents Percived Scale” and “Decision-Making Strategies Scale”. Data were analyzed SPSS 17.0 Programme. The average age of adolescents was 15.66±1.18, most of mothers and fathers high school graduated, 80% adolescents stated their family relations were moderate, 88.2% stated their families had always supported them. It was found that parents attitudes were mostly negligent (31.8%) and democratic attitude 13.6%. In the study, decision-making strategies of adolescents with Type 1 diabetes were indecision with a highest rate 26.77 and dependent decision-making strategies with the lowest rate 23.23. A statistically difference was determined between the father’s education and parents attitudes (p<0.05). There was a statistically difference between the adolescents' number of siblings, the level of family income, school success, health perception, frequency of diabetes control and frequency of hospitalization and “Decision-Making Strategies Scale” scores (p<0.05). Adolescents’ fathers’ education level effected perceptions parents attitude and number of siblings, the level of family income, school success, health perception, frequency of diabetes control and frequency of hospitalization effected to decision-making strategies.
Parents’ Perceptions of School Nurse Roles

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School health nursing is an important health professional serving the school community. School health nursing is one of the sub-specializations of the nursing profession that gains importance from day to day. In this study aimed to determine the role perception of school health nursing which is a new concept. This descriptive study was carried out in 2017 with 32 parents of a kindergarten in İzmir who agreed to participate in the study. The data were collected with a 54-item "Parents’ and Teachers’ Perceptions of School Nurse Roles" with a 5-point Likert-type 7-factors’ scale developed by Bayik, Yıldırım et al (2017) with demographic information and analyzed with IBM SPSS Statistics 23 Packet program. The lowest score is 54 and the highest score is 270. The mean age of 371 parents was 34.97±5.28(27-47) and 87.5% were mothers and 6.3% were fathers and aunt/uncle and 84.4% of them were university high school graduates. He stated that 93.8% of the parents had a school health nurse in the school where he/she was studying, moderate importance of 6.3%, and 96.9% should be school nurses in each school. The school health nurse stated that 9.4% should be graduate and doctorate, 78.1% have a license, 9.4% must have an associate degree and 3.1% must be at high school level. 64% participated in the survey.
OP-98 Relationship Between Internet Addiction and Loneliness; A Study among Nurses

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This study aimed to compare the sociodemographic factors associated with Internet addiction and loneliness level among nurses and determine a correlation between the two. Methods: This study was conducted with all nurses (361) working in Balıkesir Atatürk State Hospital and Pulmonary Diseases Hospital, Turkey, between January 15 and December 15, 2015, who had no histories of psychiatric diseases and agreed to participate in this study. A total of 203 nurses participated in this study, and all data were collected using the personal information form, Internet addiction scale and Loneliness Inventory. Results: The mean Internet addiction and loneliness scores of the nurses were found to be low. Internet addiction scores were found to be higher in males aged 35 years or below, those who used the Internet at the service, and those who spent more than 1 h online compared with females aged 36 years or above, those who did not use the Internet at the service, and those who spent less than 1 h online, respectively. A linear correlation was observed between the loneliness score and social relation problems and Internet addiction of the nurses in the positive direction. Conclusions: It would be beneficial to make some improvements to encourage nurses’ participation in social activities and social communication training to prevent their Internet addiction and loneliness.
OP-99 Colorectal Cancer Diagnosis Demographic Characteristics and Awareness

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This study is supported by Scientific Activities Support Program of Namik Kemal UniversityColorectal cancers are a type of cancer that have a high chance of treatment when caught at an early stage and are often the type of cancers which are detectable at an advanced stage. Study was planned to determine the demographic characteristics and awareness of patients who have had the diagnosis of colon cancer. Descriptive and cross-sectional type research was conducted in April-July 2017. A 46-question form containing information about healthy lifestyle habits and early diagnosis of the patients was applied. Eighty patients who applied to the general surgery policlinic at the specified dates and have the research criteria constituted the sample of the study. The average age of the participants was 62.54±9.13, 57.5% were male and 42.5% were primary school graduates. 62.5% of the patients are overweight and 51.2% of them have chronic diseases. It was found that 57.5% of the patients had polyps and hemorrhoids, 41.3% had complaints of constipation, 60.0% had no idea about colon cancer scanning, 66.3% had no colonoscopy and 67.5% didn’t have colonoscopy. However, the majority of patients think that it is necessary to screen for colon cancer. There were no significant differences among colon cancer screening, colonoscopy and think for necessary of cancer screening according to gender, and also between education and screening awareness. Consequently, it was signified that the majority of the patients think the screening of the colon cancer is necessary but told that they don’t have colorectal cancer scanning which play on important role in early diagnosis of colon cancer.
OP-100 The Effect on Quality of Life and Body Image of Mastectomy Among Breast Cancer Survivors

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The aim of this study is to assess effect on quality of life and body image of mastectomy among breast cancer survivors. Design. This is a descriptive study.

Methods. A total of 57 women with modified radical mastectomy and who had stage II and stage III breast cancer completed the study. Data was collected with face-to-face interview method through three tools: questionnaire form determined informative properties of women, body image scale developed by Secord and Jourard (1953), FACT-B scale to determine quality of life developed by Cella et al. (1993). The sampling were taken patients who reside in the Sivas, who agree to participate in the study, who are 20 years and older, who underwent modified radical mastectomy and who had stage II and stage III. It was contacted with the women by phone, it was gotten an appointment from the women who agree to participate in the study for home visit. The questionnaire forms were applied home environment of the women.

Findings. The average age of women was 49.34. In the study, The mean FACT-B total score of the women was determined 68.47±22.44, and the body image score average 121.61±21.96. According to the results of the linear regression analysis, except for the social life of FACT-B, among the other sub-dimensions, the FACT-B total score and the body image total score were calculated respectively positive correlations (β=.822, p=.000).

Conclusions. It was determined that mastectomy negatively affects the body image and quality of life of women and there is a strong positive correlation between body image and quality of life.
OP-101 The Effectiveness of Pelvic Floor Muscle Exercise And Abdomen Exercise In Reproductive Age Women with Stress Urinary Incontinence: A Randomized Controlled Trial

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The aim of this study is to investigate the effectiveness of pelvic floor muscle exercise and abdomen exercise in reproductive age women with stress urinary incontinence. The study was conducted on 64 women (32 case group, 32 control group) with stress urinary incontinence whose age were between 18 and 49, at the urogynecology and urology units of Trakya University Hospital. Data were collected using patient information form, UDI-6, IIQ-7, urogynecologic evaluation tests. The case group performed Kegel and abdominal exercise and, control group performed only Kegel exercise. The pelvic floor muscle strength of the case group at the 8th week was significantly higher than those of the control group (p<0.001). The positive result rate of stress test of the case group was found %81.3 at 0th week, %6.3 at 4th week, and %0 at 8th week and change over time was found significantly (p<0.001). The positive result rate of stress test of the control group was found %93.8 at 0th week, %46.9 at 4th week, and %0 at 8th week and change over time was found significantly (p<0.001). Performing abdominal exercises in addition to Kegel exercise is more effective in the increment of pelvic floor muscle strength and it starts to recover in earlier periods in reproductive age women with stress urinary incontinence.
OP-102 The Effect of The Changing Body Image of Individuals With Obesity Surgery on Quality of Life

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This study was carried out with the aim of determining the effect of changing body image on the quality of life of individuals who have undergone obesity surgery due to morbid obesity in the general surgery service at Sivas Cumhuriyet University Research and Practice Hospital. The research is a descriptive study. In the study, the data were collected using questionnaire form, the SF-36 quality of life scale and the body image scale. The scales were applied to the patients four times: before the operation, the day after the operation, after 1st and 3rd months. A total of 91 individuals participated in this study. In the study, while the mean pre-operative BMI of the subjects was 48.52±5.84, it decreased to 36.20±5.36 at the 3rd month after the operation. It was found out that there was no statistically significant difference between the individuals’ age, marital status, education level, the surgical style and the average of body image points; that the average scores of gender and body image were higher in men than those of women; that the body image changed positively as a result of weight loss at the 3rd month, and accordingly, the quality of life increased. In the linear regression analysis, body image and quality of life were found to be significantly related to physical function (β=.366, p=.000), role strength (physical)(β=.322, p=.002), role strength (emotional) (β=.404, p=.000). As a result, it was concluded that the obesity surgery changed the body image of the individuals positively, and the change in the body image created a positive impact on the quality of life.
This study was planned to determine the individual innovativeness levels and categories of nursing students. Methods: The sample of the study consisted of the 1st, 2nd, 3rd, 4th grade students studying at Florence Nightingale Nursing Faculty of Istanbul University during the spring term of 2015-2016. The data were collected by the information form developed by the researchers and the 'Individual Innovation Scale' which was validated by Ayşegül Sarıoğlu (2014) in the field of nursing in Turkey. Results: The mean score of Individual Innovation Scale of the students was 59.68 ± 8.15. Whose score 82 or higher on the scale are considered "Innovative", 75-82 "Leader", 66-74 "Questioner", 58-65 "Skeptic", 57 or less are considered "Traditionalist". 0.9% of the students are innovative, 2.5% are pioneers, 15% are questioners, 45.3% are skeptics and 36.3% are traditionalists. There was a significant difference between the gender of the students, the status of follow-up of the thesis, scientific journal about nursing and the mean score of Individual Innovation Scale (p<0.05). Conclusion: The vast majority of students are at a low level in the innovative and skeptical category. It is thought that the practice of nursing education is based on the evidence and that the training of the students with the simulation system will influence the innovative thoughts of the students positively.
OP-104  Perceived Stress and Coping Behaviours of Nursing Students at Summer School

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This study was conducted to determine the perceived stress and coping behaviours of nursing students at summer school. Method: This descriptive study was conducted with 348 students in Trakya University Faculty of Health Sciences, nursing department at summer school, during the July August 2017. Data were collected by ‘Perceived Stress Scale (PSS)’, ‘Physio-Psycho-Social Response Scale (PPSRS)’, and ‘Coping Behavior Inventory (CBI)’. Data was analyzed by descriptive statistics, Mann Whitney U, Kruskal Wallis test and Spearman correlation. Results: It was a negative correlation between the age of students and the score of ‘PPSRS’ (p<0.05). It was a significant difference between the students’ gender and the average score of ‘PPSRS’; difference between the knowledge of the students' parents about their children took lesson at summer school and the average score of ‘PPSRS’; between students academic success and the average score of ‘PPSRS’ and ‘CBI’ (p<0.05). Conclusion: As the age of the students decrease, they physio-psycho-social responses are increase and girl students showed more emotional responses. Students with low academic success showed more physio-psycho-social responses and they frequently applied optimistic strategy to cope with stress. Student whose parents didn’t know their children took lesson at summer school perceived more stress and showed more physio-psycho-social responses. Key words: Summer school, nursing students, coping behaviours, perceived stress
OP-105 Assessment of Patients Aged 65 Years or Older With Acute Abdominal Pain and Hospitalized in Trakya University General Surgery Department in the Last One Year

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Acute abdominal pain, is the pain in the abdomen that lasts less than a week. In elderly patients (aged 65 years and older), diagnosis may be more difficult than in younger patients. The elderly also are more likely to require hospitalization and emergency surgery. Between 01.10.2016 - 01.10.2017, 237 of the patients 65 years of age or older who applied to the emergency service with acute abdomen were admitted to the General Surgery Service. The maximum age is 91. The average age is 75.56. 110 of the patients were female and 127 were male. Patients were admitted for at least 1 day and up to 113 days. The mean duration of hospitalization was 9.21 days. 186 of the patients were discharged with healing. 16 patients were referred to another center for various reasons (e.g., due to the need for postoperative intensive care, or for some interventional procedures). 21 patients were discharged with the same condition of application. 7 patients refused treatment and were discharged during follow-up. 7 patients died during medical follow-up or postoperatively for different reasons.
OP-106 Less Known Entity: Paget’s Disease of the Breast

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Paget’s Disease of the Breast is an eczema-like lesion of the nipple-areola complex and is associated with underlying in situ or invasive cancers. In 1874, the British physiologist and surgeon Sir James Paget reported similar examatoid lesions in about 15 patients. It is a rare entity and occurs in 0.7-4.3% of all breast cancers. For many years, mastectomy has been seen as the standard therapy for this disease. Nowadays breast conserving surgery including excision of the nipple - areola complex and adjuvant radiotherapy are also seen as surgical options. There are studies reporting that the prognosis of Paget is worse than other types of breast cancers. Essentially, it is the type of underlying breast cancer that determines the form and prognosis of treatment. As in all breast cancers, early diagnosis increases treatment success. The disease manifests itself with an eczamatoid, erythematous lesions that starts at the nipple and spreads around areola which also causes thickening, irritation, scaling of the skin. It may be with induration, infiltration, secretion, bleeding, ulceration, and retraction at the nipple. It is important for general practitioners, family physicians, community health practitioners and nurses, who are first to encounter such a lesion on the breast in the clinic, to keep cancer in mind. We wanted to make a reminder about this subject.
OP-107 The effect of Hypericum perforatum L. Mesenchymal Stem Cells
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Although Hypericum perforatum L. is used in a variety of diseases especially to treat anxiety, depression, and burns, there is no available data on mesenchymal stem cells in vitro. We aimed to demonstrate and compare the effect of H. perforatum L. on dental pulp mesenchymal stem cells (DP-MSCs) and bone marrow mesenchymal stem cells (BM-MSCs). Antibacterial activity against oral bacteria was also studied. Using xCELLigence, a real-time monitoring system, a dose of 10 µg/mL was found the most efficient concentration for vitality. The IC50 values in a time dependent manner and doubling time was calculated. The results showed that H. perforatum L could accelerate osteogenic differentiation in DP-MSCs where calcium granulation was impaired in BM-MSCs. H. perforatum L-induced migration increased compared to the TNF-α-induced migration in a transwell migration assay. IL-6 cytokine level between cells was differed also. The antibacterial activity against Streptococcus gordonii and S. mutans was evident. We suggest that the healing, anti-inflammatory, and antimicrobial properties of H. perforatum L could make it an appropriate drug choice for DP-MSCS but not for BM-MSCs.
OP-108 The Penetration of The Shoe Piece into the Foot During the Insertion of the Nail into the Sole of The Foot: A Case Report

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It is also important to keep in mind that shoe pieces may enter the soft tissue of the foot during the nail settling in the cellulite table which does not respond to treatment after the nail is settled on the sole. Presentation: 47-year-old male patient evaluated in the emergency department because of settling the nail on the soles of the feet 1 month ago, tetanus and prophylactic antibiotic treatment was started. Patient admitted to the emergency room again on the progression of the his feet extensive cellulitis. Patients evaluated in the emergency, radiography, CT and blood tests were requested. Patient’s ESR:12 , CRP:162 mg/L , WBC: 12000 were found. As seen in CT of the patient, one foreign body was found at a depth of 26 mm and a length of 8 mm from the soles of the feet, patient was urgently operated. The foreign body was removed. The patient was consulted with infectious diseases afterwards and the treatment has been regulated. Polymicrobial growth in culture was detected. The patient's blood tests has decreased to normal values was seen as cellulite table quickly corrected. In the case of objects with a thick diameter such as a nail sinking on the soles of the feet, if the complaints of the patient do not regress, or if there is an increase in the existing complaints, , then it is necessary to be vigilant about the fact that some foreign objects might enter from the same wound during the nail settling and it should be evaluated.
OP-109 Asemptomatic Intrapulmonary Bronchogenic Cyst : A Rare Case
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Bronchogenic cysts are rarely seen benign congenital malformations of bronchial tree. They are lined by secretory respiratory epithelium which is similar to normal bronchial tree, including cartilage, elastic tissues, mucous glands and smooth muscle. They are usually asemptomatic but cough, fever, hemoptysis may rarely seen. On plain radiographies, cysts are homogenous lesions but if there is additional infection an air fluid level can be seen. We present a rarely seen asemptomatic intrapulmonary bronchogenic cyst and review published literature.
OP-110 Experiences from Extracorporeal Liver Support Therapy Cases
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Foreword Toxic metabolite accumulation is accused for aggravated injury in acute/chronic liver failure. Among extracorporeal liver support therapy (ECLST) systems; Prometheus®, fractionated plasma separation and adsorption (FSPA) with albumin and hemodialyser, filtrate plasma form albumin-bound toxins and water soluble substances, on the other hand, continue plasma filtration adsorption (CPFA®) in turn uses a single adsorbent filter technic. Cases: Eight patients with (acute+/-chronic) decompensated liver failure treated by Prometheus® (3/8) and CPFA® (5/8), each for mean 5 hours and total of 17 session. Autoimmune (2), ethanol (2), inborn error of metabolism (1), hemophagocytic syndrome (1), sclerozig cholangitis (1) and MODS (1) were primary diagnoses. The mean regression rates of; total bilirubin 12.9 to 9.1mg/dl, ammoniac 216 to 167µg/dl, urea 81 to 67mg/dl, creatinine 1.11 to 0.86mg/dl, by treatment. Two of patients were transferred for matched-liver transplantation, un-matched remaining 6 died at the end of follow-up. Conclusion Our experience supported previous findings of ECLST could not have improved mortality, while as in cases of matched-liver transplantation, it provides a time for bridge to trans and survive. It was accused for cost-effectiveness and source-consuming issues, but could be life saving.
Medical waste is the general name of wastes from infectious, pathological and cutting-piercing wastes that arise during the processes in health units. Healthcare providers and healthcare organizations use a large number of devices and materials to reduce health problems and provide human health services. Medical waste is generated by the use of these devices and materials. Medical wastes should be disposed in such a way as not to harm the environment and human health in consideration of environmental regulation and cleanliness. This research was conducted to examine the disposal process of medical wastes and to establish an effective medical waste management process. Observation and interviewing methods were used in the research and medical waste reports and data were obtained. In the study, it was investigated whether the medical waste facility is close to the settlement, how various environmental regulations are made and what these regulations are. As a result, rational management in the medical waste management and disposal process must be adopted, job safety and environmental safety must be ensured.
The aim of our study was to investigate the effects of caffeine on steatosis, protein oxidation and catalase activity in palmitate-induced non-alcoholic fatty liver disease model which represents an acute harmful effect of fat overaccumulation in the liver. To induce non-alcoholic fatty liver disease model, HepG2 cells were incubated with 1 mM palmitate for 24 hours. 10, 50 and 200 µM caffeine added for treatment in the presence of palmitate. Cell viability was evaluated by MTT assay. Steatosis was shown by oil red O staining and triglyceride levels were measured with commercial kit. Protein oxidation evaluated by measuring advanced oxidation protein products according to Witko-Sarsat et al. method. Catalase activities were measured according to Aebi’s method. 1 mM palmitate significantly increased triglyceride and advanced oxidation protein products levels and significantly decreased cell viability and catalase activities. 50 µM caffeine significantly decreased triglyceride and advanced oxidation protein products levels and 10 µM and 50 µM caffeine concentrations significantly increased catalase activities in palmitate-induced non-alcoholic fatty liver disease model. Also 50 µM caffeine-treated cells had a significant lower advanced oxidation protein products levels and a significant higher catalase activities when compared with 200 µM caffeine-treated cells. Our study showed that caffeine, especially at 50 µM concentration, decreases steatosis and protein oxidation and increases catalase activity in palmitate-induced non-alcoholic fatty liver disease model.
OP-113 Comparison of Ethical Climate Perception Between Executive and Nonexecutive Nurses

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Ethical climate is the perception aspect of moral situations in organizations. Ethical climate not only states “what is correct (ethic)” but also guides how to deal with problems. This study is designed to determine the ethical climate perception of nurses and to compare the differences between executive and nonexecutive nurses.

MATERIAL AND METHODS: Target population of this cross-sectional analytical study is the executive and staff nurses working in 4 hospitals of Istanbul Medipol University. Ethical Climate Questionnaire (ECQ) is used to evaluate ethical climate. Kruskal Wallis and Mann Whitney-U tests are used in group comparisons. Validity and reliability analysis of ECQ as well as correlation and logistic regression analysis were performed. RESULTS: 64 executive and 238 non-executive nurses were included in analysis. ECQ reliability is high (?=0.89) and the sample size is fair enough (KMO=0.866). Total and subscale ethical climate perception scores of executive nurses are significantly higher than nonexecutive nurses. Also, in group comparisons total ethical climate scores are significantly higher in married, experienced, older aged, more educated, and nurses loving the profession. Logistic regression reveals the major components influencing this difference are longer working-years (experience), loving the profession and increased level of nursing education. CONCLUSION: Being an executive nurse is not directly related to increased ethical climate perception.
OP-114 Retractable Hypercapnic Respiratory Failure with Renal Failure; De-Cap?

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Foreword ECCO2-R systems are rescue for retractable hypercapnic respiratory failure (HCRF) despite of mechanical ventilation (MV) strategies. In patients with renal failure (RF) DECAP® also provides a combined RRT and ECCO2-R. Case-1: A male (23yrs.) patient with H1N1 pneumonia and secondary ARDS, against all MV and supportive therapies cardiac-arrested and resuscitated, eventually acute RF also developed, then decided for DECAP®. After 4 days of treatment patient was improved, weaned then successfully discharged. Case-2: A male (60yrs.) patient with pulmonary lymphangitis carcinomatosa secondary to gastric cancer, a resistant HCRF and RF treated by DECAP® for 3 days. The patient was improved, weaned then successfully discharged. Case-3: A male (60yrs.) patient with leukemia complicated by HCRF and RF, despite treated by DECAP® and HCRF and RF improved in 4 days, and died of septic shock. Case-4: A male (74yrs.) patient with COPD and septic shock, treated by DECAP® due to HCRF and acute RF, both pCO2 and renal biomarkers improved within 48th hours, but died of septic shock at 7th day. Case-5: A female (43yrs.) patient with H1N1 pneumonia and secondary ARDS and acute RF, DECAP® treated and improved within12 hours. However, she died of septic shock at 18th day. Conclusion: Our DECAP® experiences in patients with retractable HCRF and with RF, as a recue treatment, reveals DECAP® could serve as a promising time-gain-token for treatment of underlying etiology.
OP-115 Effects Of Mobile Phone Exposure on DNA Damage In Human Ear Hair Follicules

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The aim of this study is to investigate effect of radiofrequency radiation (RFR) emitted from mobile phones on DNA damage in human ear hair follicles. The study was carried out on fifty-six men (age range: 30–60 years old) who were divided into four groups such as control group and three exposure groups. The groups were defined as follows: People who do not use a mobile phone (Control), people who use mobile phones for 0-30 m/day (second group), people who use mobile phones for 30-60 m/day (third group) and people who use mobile phones for more than 60 m/day (fourth group). The samples taken from ear hair follicles which were analyzed by using Comet Assay method to determine DNA damages. The comet assay parameters were measured as head length, tail length, comet length, percentage of head DNA, percentage of tail DNA, tail moment, and olive tail moment. Results of this study show that DNA damage indicators, which are stated above, were found to be higher in RFR exposure groups than control subjects. In conclusion, RFR emitted from mobile phones has a potential to produce DNA damage in ear hair follicles. However, we found that the most important results of DNA damage is related to the duration of exposure to mobile phones. Therefore, mobile phone users have to pay more attention when using wireless phones. Key words: Radiofrequency radiation, mobile phone, DNA damage, Single strand break, hair follicules.
OP-116 The Associations Among Sleep Quality, Anxiety-Depression, and Food Consumption in Obese People

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Associations among sleep duration and sleep quality, obesity and its complications are increasingly described. Although greatest attention has been paid to sleep potentially predisposing to obesity, apart from studies on sleep disordered breathing, little is known about the effect of sleep duration and quality once obesity has occurred. In a population of obese, we examined the associations among sleep, mood, and food consumption. Methods: Adult individuals with a BMI of 30 and above but not a diagnosis of "Sleep Apnea" were included the study. The ethics committee was granted permission and patient consent is taken. Demographic information, eating habits and 3-day food consumption records of the individuals, sleep status and mood were evaluated with scales (Pittsburg Sleep Quality Index-PUKI, Beck Depression Scale-BDI). Results: This study was completed with 106 adult obese women. The obese rate with good sleep quality was determined as 55.7%. While there was no significant relationship between obesity severity and sleep quality (p>0.05), it was determined that sleep duration decreased as obesity severity increased. It was determined that 3.8% of the women slept for a long time and 42.5% were in mildly depressed. There was no significant difference between energy and nutrient intake of obese individuals with different sleep durations and quality (p>0.05). However, it was determined that those who had a late bedtime have more snack consumption habits. Conclusions: Sleep duration and quality, mood and eating habits are important in preventing or treating obesity.
OP-117 Investigation of carbapenem-resistant Enterobacteriaceae in Raw Milk and Cheese Process

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Many spices of Enterobactericeae members are located in the intestinal flora of humans and animals. Some species are important both for food industry and clinical. Various resistance mechanisms developed by microorganisms against antibiotics have become an important problem. The beta-lactamase enzyme produced by many microorganisms, especially the species belonging to Enterobacteriaceae, is the most important resistance mechanism. In animals, the application of unsuitable antibiotic treatments could cause antibiotic resistance in pathogenic microorganisms. These resistant bacteria can contaminate consumers through the food chain because of inadequate food safety practices. In this study, Carbapenem resistance and presence of metallo beta-lactamase enzymes of Enterobacteriaceae that isolated from different stages of cheese production were investigated. ESBL and AmpC beta-lactamase producing Enterobacteriaceae isolates were obtained from raw milk and cheese process line. 36 Enterobacteriaceae isolates were studied for susceptibility to carbapenems and presence of metallo beta-lactamase enzymes according to the EUCAST and CLSI guidelines. Seven of these isolates were found to have resistance to at least one carbapenem. Resistant isolates were phenotypically identified. 71.4%, 14.3% and 14.3% of them were Enterobacter spp., Klebsiella spp. and Citrobacter spp. respectively.
OP-118 Evaluation of the B12 Vitamin and Folic Acid Levels in Psychiatric Diseases

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Vitamin B12 and folic acid are essential vitamins for various metabolic pathways in central nervous system. These vitamins are known to contribute pathogenesis schizophrenia, bipolar disorder and other psychiatric disorders. We aimed to investigate relationship between serum folic acid and vitamin B12 levels in patients who were diagnosed with bipolar disorder, schizophrenia, non-organic psychotic disorder and other psychiatric disorders in this study. 259 patients who applied to Samsun Mental Health and Diseases Hospital between January-December 2016 were evaluated. Mean age of patients was 38.61±14.06 years and 60 (23,2%) were diagnosed as general psychiatric, 63 (24,3%) bipolar disorder, 21 (8,1%) schizophrenia, 56 (21,6%) non-organic psychotic disorders and % 59 (22.8%) had other diagnoses. Patients had mean vitamin B12 values 283,22±150,814 pmol/L and folic acid 10,16±41,30 ng/mL. Folic acid values 94.7% of patients were normal range. According to vitamin B12 classification, it was determined as serious in 7.4%, moderate in 20.3% and mildly in 6.6%. There was no significant difference between groups in vitamin B12 and folic acid values (p>0.05), significant difference in age (p<0.05). In conclusion, studies on identification roles of folic acid and vitamin B12 deficiency in various psychiatric disorders are continuing and it is thought that lack of these vitamins before disease diagnosis and necessary reinforcements will affect course of disease positively.
OP-119 Determination of The Vitamin B12 Level In Psychiatric Diseases: Case Of Samsun Province

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Recent years, there has been general increase in cases of depression, schizophrenia, bipolar disorder. Association of these diseases with laboratory markers has gained importance. Especially, it is thought that level of vitamin B12 may be important in terms of treatment support in psychiatric disorders. In this study, it was aimed to investigate relationship between vitamin B12 levels of patients who were diagnosed with bipolar disorder, schizophrenia, non-organic psychotic disorder and other psychiatric disorders. 919 patients who applied to Samsun Psychiatry Hospital between January-December 2016 were evaluated. Patients who with mean age of 37.65 ± 13.31 years, 229 (24.9%) of patients were bipolar disorder, 99 (10.8%) were schizophrenia, 208 (22.6%) were non-organic psychotic disorders and 168 (18.3%) had other diagnoses. 215 (23.4%) of patients applied to hospital for general psychiatric examination. Mean B12 vitamin levels of patients were for general psychiatric examination, bipolar disorder, schizophrenia, nonorganic psychotic disorders and others respectively, 271.32±176.11 pmol/L, 310.70±161.52 pmol/L, 289.70±236.59 pmol/L, 266.06±108.19 pmol/L ve 279.84±131.25 pmol/L. There was difference between groups in terms of mean B12 vitamin (p <0.05). As a result, due to Vitamin B12 deficiency can lead to psychiatric disorders with various mechanisms, it is thought that Vitamin B12 supplementation can prevent disease and have positive effects on treatment process.
OP-120 The Effect of Weight Loss on Serum Vitamin D Levels in Obese Women With Vitamin D Deficiency

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Today, the simultaneous increase of obesity and vitamin D deficiency is estimated to affect over one billion people in the world. An association between vitamin D deficiency and obesity is well known, but the mechanisms are not clearly yet. This study was designed to investigate the effect of weight loss on serum vitamin D levels in obese women. Methods: The study has been performed on 44 obese women who were admitted to the in TEV Sultanbeyli State Hospital Nutrition and Dietetics Clinic between the dates October 2016 and April 2017. Women’ the demographic features and dietary habits were interrogated with a questionnaire form; 3-day food consumption records were taken; body compositions were determined with anthropometric measurements and the biochemical parameters were analyzed. After, their weight loss diet program and nutrition education was given to the women.

Results: The correlation between vitamin D and BMI values after the study showed a positive relationship \( r=0.52 \) in the 5-10% group and a negative relationship \( r=-0.52 \) in the >10% group. But this relationship was not found to be statistically significant because the total number of subjects was low \( p>0.05 \). Conclusions: These results show us that there might be a higher rise in Vitamin D levels provided that larger volumes of body fat loss are obtained. However there is a need for prospective studies with larger numbers of subjects.
OP-121 Evaluation of Dietary Supplement Behaviors in Physical Education and Sports Students

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A balanced and sufficient diet provide necessary nutrition elements for an organism, however, young adults have been using supplements more last days for various reasons. Sportsmen mostly use it in order to score over their rivals. In this study, assessment of students' using habits of supplements at college of physical education and sports is aimed. Methods To define students' using behaviors of supplements at college of physical education and sports, retrospective-descriptive method is used. Data was collected via questionnaires in face-to-face interviews. Questions focus on whether they are informed about a supplement; if they are informed, where they acquire it; whether they use it or not; if they use it, how much their performance is affected; reasons for using it; types of supplements they use; effects of supplements on health. Results In this study, 563 participants attended. Results show that 30.8% of students prefer to use supplements. The most important reasons for using supplements are to improve performance (48.9%) and to increase the amount of muscle mass (35.6%). Preferred type of supplements are mostly protein powder (36%) and L-carnitine (24.4%). Results are statistically significant in that men have more information than women (p=0.007). Conclusions As a result, use of supplements by students at college of physical education and sports are quite common. Sportsmen should advise professionals on nutrition and use of supplements.
OP-122 Effects of Pine Honey on the Physicochemical, Microbiological and Sensory Properties of Probiotic Yoghurt

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Probiotics are described as live microorganisms, which when administered in adequate amounts, confer a health benefit on the host, especially by improving intestinal microbial balance. Some of the fermented dairy available on the market are sweetened and fruit flavoured, and consumers can prefer these types of products. Hence, yoghurt sweetened by honey may be preferred by children and older people. Honey has significant nutritional and medicinal benefits. It is a rich source of readily available sugars, organic acids, various amino acids as well as source of many biologically active compounds. Yoghurt with honey can be a very beneficial functional food. In this study, physicochemical and microbiological of probiotic yoghurt not including pine honey and including various proportion (2%, 4%, 6%) pine honey on days 1, 7, 14, 21 of storage were investigated. The results of the analysis showed that the pH level, syneresis level and water holding capacity decreased, titratable acidity increased during the storage. Microbiologic analysis showed that numbers of Lb. delbrueckii ssp. bulgaricus, Streptococcus thermophiles and Lb. acidophilus decreased through mid of storage time but they increased to last day of storage. Sensory analyses of yoghurt with pine honey were realized on day 7 of storage. In consequence of sensory analyses performing with expert panelists on the 7th day of storage probiotic yoghurt containing honey 2% was approved. Increasing honey ratio adding into yoghurt positively effected, physicochemical, microbiologic and sensory values.
OP-123 Norton scale for Pressure Ulcers; ICU efficiency?
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Foreword ICU patients are highly prone to pressure ulcers (PU); once developed cost and resource consuming, and increase LOS and mortality rates. Norton scale (NS) is used for PU assessment in ICUs, as 1-11 score points a high risk for PU and recommend highly preventive measures. In this study, NS efficiency was evaluated for our mixt-type tertiary-ICU patients. Findings 23 (12f; 11m) of 367(6%) patients (Jan 1st- Oct 30st, 2017) recorded had PU, most frequent location were mid-pre-sacral and vertebral eminences. In retrospective analysis for means; age was 58.7yrs., LOS 35.8(6-170) days, APACHE II score 18(6-36), PU developed at 11.5 (3-32) days. However, on daily assessments only four of patients had NS score of 12 and below. Conclusion NS assessment for PU risk stratification could be inefficient for mixt-type tertiary-ICUs, and should be evaluated by larger prospective studies.
OP-124 Serum Osteopontin Level in Psoriasis Vulgaris and its Relationship with Oxidative Stress

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Adaptive immune system, inflammatory pathways are shown to be involved in the etiopathogenesis of psoriasis. In recent years, osteopontin is thought to play a role in psoriasis. Increased production of reactive oxygen species are also demonstrated in psoriasis. We aimed to investigate the role of osteopontin and oxidative stress in psoriasis and if there was a relationship between these two. Methods: Plasma samples from 61 psoriasis patients and 62 healthy controls were collected. Plasma osteopontin levels were analysed by enzyme-linked immunosorbent assays. Serum total antioxidant status (TAS), total oxidant status (TOS) were determined using the Erel method and oxidative stress index (OSI) was calculated from these results. Severity of psoriasis was assessed using the Psoriasis area severity index (PASI). Results: There was no statistically significant difference between groups in regards of osteopontin, TAS and OSI. Interestingly, for the TOS values, the results were statistically significantly higher in control group. Also in psoriasis group, there was no statistically significant difference between neither PASI and osteopontin nor PASI and OSI. Conclusion: Our results were not in accordance with some other studies which suggests a role of osteopontin and oxidative stress in psoriasis. However in most of these studies high osteopontin levels detected in psoriasis were not correlated with PASI as was in our study. We thought that further studies with larger patient groups are needed to clarify if there is a role of osteopontin and oxidative stress in psoriasis.
OP-125 Frequency of Intraosseous Infusion Implementation and Problems Encountered in Provision of Prehospital Emergency Health Services

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Environmental factors have vital importance in the case of service delivery at the scene or ambulance during the provision of prehospital emergency medical services. Failed vascular intervention is among the most important problems that can be encountered also, an alternative intraosseous implication. This study aims to analyze the frequency of implementation and the reasons behind the prevention of implementation in the cases when implementation indications occur. Material and Method: The research population consists of 40 medical personnel serving in Çanakkale Ambulance Service. The study is prepared by examining intraosseous infusions implemented between 2014 and 2017 also, evaluating questionnaire and literature data. The obtained data are evaluated by descriptive statistical analysis. Findings: Intraosseous infusion needles has been injected to 3 patients. All of the injections mentioned have been done with pressurized intraosseous infusion needles in the anteromedial proximal tibia in one case and in malleolus in another case. 52% of the participants stated that they can use intraosseous infusion when needed, 22.5% cannot and 25% are not sure. Besides, 20% of them stated that they avoid implementing intraosseous infusion due to lack of education and %22.5 because of forgetting the skills required. Results: With this study, the importance of in-service training and making practices to regain intraosseous implementation skills is demonstrated.
OP-126 Relationship Between Lipoprotein A And Gene Polymorphism And Aortic Valve Calsification

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Calsific aortic valve disease (CAD), as a multifactorial illness, has an important role in its environmental and also genetical etiology. By studying the probably suspicious genes that contributes pathogenesis of calsific aortic valve disease, etiology of CAD can be explained clearly. The structure of lipoprotein a [Lp(a)] is similar to plasminogen and tPA (tissue plasminogen activator) and it competes with plasminogen for its binding site, leading to reduced fibrinolysis. Also, because Lp(a) stimulates secretion of PAI-1, it leads to thrombogenesis. Lp(a) also carries cholesterol and thus contributes to atherosclerosis. For this purpose, we investigated Lp(a) level and gene polymorphisms were associated with calcific aortic stenosis by taking 5cc blood samples after echocardiography from 75 patients who had calcific aortic stenosis diagnosed and 77 patients with normal aortic valve. Before echocardiography, fasting blood tests were studied in our laboratory and evaluated and checked for risk factors. In this study, Lp(a) level, rs10455872 polymorphism AA genotype and rs3798220 polymorphic TT genotype were found to be a genetic risk factor in the development of calcific aortic stenosis. It has also been found that smoking, blood serum LDL level elevation, elevated creatinine (hence low renal function) and low albumin level (as a possible negative acute phase reactant) are risk factors for the development of calcified aortic stenosis.
OP-127 Assessment of knowledge and attitudes of family practitioners towards rational use of drugs

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Background: Rational use of drugs (RUD) is defined as follows: “RUD require that patients receive medications based on their clinical needs, in appropriate doses, for an adequate time and at the lowest possible costs”. The aim in this study is to assess knowledge and attitudes of family practitioners towards RUD. Methods: This is a cross-sectional study. The universe of this study is comprised of 213 family practitioners who work in family health centers in Çukurova and Yüreğir districts of Adana Province. After the necessary permissions were obtained, family health centers were visited in October 2017. During this period, 196 family practitioners were reached and 178 of the family practitioners agreed to participate in the study. Results: 33.7% of the physicians participating in the study were female and the average age of participants was 46.7. 94.9% of respondents said they had received education on rational drug use. 50% of the participants declared that they sometimes prescribed medicines without examination and 42.7% declared that they never prescribed medicines without examination. 94.9% of family practitioners stated that they always take chronic illness of the patient into account, 95.5% stated that they always take age into account and 64% stated that they always take gender into account while prescribing medication. Conclusions: The majority of family practitioners have received education about RUD. However it has been observed that there are still irrational prescribing habits. Further studies to reveal the reasons behind this should be conducted.
OP-128 Evaluation of Functional Nutrition Consumption Studies of Health Sciences Faculty Students

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Functional foods; consumed as part of normal diet, is nutrient containing biologically active ingredients to improve health and reduce disease risk. Health-related benefits of functional foods can only be achieved by consuming these nutrients in the correct purpose and quantity. Based on this information, it was aimed to determine the frequency of functional food consumption of students who were educated at Ondokuz Mayıs University, Health Sciences Faculty. The average age of 97 students included in study is 20.7 ± 2.7 years. 39.2% (38) of students are nutrition and dietetics, 32% (31) are nursing and 28.8% (28) are midwifery. 81.6% of nutrition and dietetic students, 77.4% of nursing students and 82.1% of midwifery students think functional food consumption is necessary. 48.1% of students stated that they know what functional food is and use it, 18.7% do not know it and 33.1% do not use it. When the frequency of some functional food consumption of students is examined; milk, traditional yoghurt, high-fiber foods and kefir consumption were found to be higher than nursing and midwifery students. In nursing and midwifery students, consumption of energy drinks, cereals and light products was found to be more common. As a result; the concept of functional food is getting better and better, and the number and variety of products are increasing. However, it should not be forgotten that functional foods shouldn’t be considered miraculously nutrients, but should be consumed with a balanced diet containing various nutrients in order to benefit from positive effects on health.
Beneficial health outcome of dairy products as probiotics have emerged from many human clinical investigations. Probiotics are defined as live microorganism which after ingestion in adequate amounts can physiologically promote health. Like lactic acid bacteria, acetic acid bacteria are also considered as probiotics since they can able to produce acid such as vitamin C. Objective: The aim of this study was to investigate whether Asetobacter strains isolated a total of nineteen samples of traditional dairy products including cheese, yoghurt, and kefir had probiotics features as in vitro. Method: Isolates were identified by their phenotypical, genotypical properties, isolates were characterized their probiotics properties according to following criteria; Their antagonistic activities against pathogens, their ability to survive under gastrointestinal tract, their hydrogen sulphur and hydrogen peroxide production, their susceptibility against antibiotics, and their hydrophobicity capacity. Results: The bacterial isolates were identified as A.ghanensis (3), A.spp. (1),and A.fabarum (2). Nearly all the acetobacter strains isolated were resistant to erythromycin, kanamycin, penicillin G. Most isolates exhibited significant tolerance to acidity. Six isolates remained unaffected from bile salt. Finally, all isolates had demonstrated high hydrophobicity abilities. Conclusion: Acetobacter isolates extracted from traditional dairy products are good candidates as new probiotics. Further investigations are needed for in vivo evaluation.
OP-130 Evaluation of Eating Habits In Trakya University Athletes

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This study was planned and conducted to evaluate the eating habits of licensed athletes from different branches. Method: A total of 127 (67% male, 33% female) licensed athletes, aged between 18-30 and educated in Trakya University, from 15 different sports branches were included in the study. Eating habits of athletes were questioned by the questionnaire. Results: 38.1% of female athletes and 17.6% of male athletes stated that they have always skipping meals. According to gender, there is a significant difference between men and women (p = 0.036). While the most lunch meals are skipped in females, the most morning meals are skipped in males. The most important reason for skipping meals in females and males is that the time is inadequate. While respectively 81.9%, 81.9% and 80.3% of the athletes were paying attention to fluid consumption before, during and after training; 73.2% of the athletes were paying attention to diet before and after training. 59.8% of the athlete does not believe that adequate and balanced diet. 55.1% of athletes use nutritional supplement. 50.4% of the athletes stated that they consumed the main meal while training had less than 2 hours. While most of the foods rich in carbohydrate are preferred by the athletes before training (57.5%), most of the foods rich in protein content (59.1) are preferred after training. Conclusion: For athletes who have a higher need for energy and nutrients, skipping meals is an incorrect eating habit. It has been observed that the athletes are not paying enough attention to their nutrition and fluid intake.
OP-131 Correlation of Dietary Macronutrient Intake with Morbidity Risk
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Aim: This study was planned and conducted to examine the relationship between the risk of morbidity and the macronutrient intake in the diet in individuals aged 40-65 years.
Method: 390 volunteers participated in this cross-sectional study in Ankara. Body weight, height, waist circumference measurements were taken in accordance with the technique, body mass index (BMI) was calculated. Daily food consumption was taken with a 24 h-recall and the macronutrient intake was calculated using the BEBIS program. Waist circumference ≥102 cm and BMI ≥30 kg/m² in men; waist circumference ≥88 cm and BMI≥30 kg/m² in women were considered as morbidity risk criterion. Results: It was determined that 32.6% (61 women) of women and 24.6% (50 men) of men and 28.5% (111 persons) of individuals had a morbidity risk in the study. The mean energy, protein carbohydrate and fat intake in the risk group were 1487.8 ± 540.5 kcal, 53.7 ± 27.1 g, 166.0 ± 76.8 g and 66.2 ± 28.5 g, respectively, while in the non-risk group 1310.4 ± 291.7 kcal, 43.5 ± 12.5 g, 160.2 ± 47.7 g, 53.9 ± 17.7 g. There was a significant difference in energy, protein and fat intake among the risky and non-risk groups (p<0.05), but no significant difference was found in terms of carbohydrate intake (p>0.05). Conclusion: In our study, it was observed that energy and macronutrient intake was significantly higher in the group with a risk of morbidity. It should be taken into account that reducing the risk of morbidity and the burden of illness by raising awareness of adult individuals about healthy nutrition.
Heat treatment of food products is a popular issue both for the food industry and consumers. One of the most important reactions which occur during heat treatment of food products is the Maillard reaction. It plays a key role in formation of not only the desired sensorial characteristics of the food products, but also some toxic compounds which decrease the nutritional value and safety of them. One of the toxic compounds occurring during heat treatment is acrylamide which is classified in Group 2A as “probable human carcinogen” by the International Agency for Research on Cancer (IARC). Acrylamide precursors such as free amino acids (mainly asparagine), reducing sugars and also process conditions such as baking temperature and time, moisture content of the product influence the formation of acrylamide in foods. Hence, the high sugar and asparagine content of bakery products as well as the high baking temperature make them one of the most important groups of food products possessing acrylamide risk. The usage of ingredients containing high amounts of reducing sugars (such as sugar syrups, honey or molasses) in the formulation of bakery products such as cakes, cookies or biscuits also increases the risk of acrylamide formation in these products. Determination of optimal combinations of ingredients, additives and heat treatment conditions is of great importance in order to produce bakery products having the desired quality with low acrylamide content. The present paper summarizes the recent studies about the risk of acrylamide formation in bakery products.
OP-133 Determination of NF-κB and RANKL Levels In Peripheral Blood Osteoclast Precursor Cells In Chronic Renal Failure Patients

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Chronic renal failure (CRF) is a disease characterized by progressive and irreversible loss of functional nephron mass due to variety of causes. An inevitable complication of CRF is metabolic bone disease and this pathology is called as renal osteodystrophy (ROD). There is a lack of study in the pathogenesis of ROD during the early stage CRF by evaluating the roles of RANKL and NF-κB -mediated intracellular signaling pathways. In this study we aimed to determine the levels of serum sRANKL and intracellular NF-κB levels in peripheral blood osteoclast precursor cells in patients with stage 3 CRF. Materials/Medhods: 41 male patients aged 35-60 with CRF identified as stage 3 according to GFR calculated on the basis of creatinine values, who applied to Department of Nephrology (MEU) and 27 healthy male subjects, ages’ ranging from 40 to 60 as control group were included in this study. Levels of biochemical parameters, vitamin D3, parathyroid hormon, bone mineral density, sRANKL and NF-κB were determined by using photometric, electrochemiluminesans, HPLC, ELISA and flow cytometric methods in control and patient groups, respectively. Results: When stage 3 CRF patients were compared with controls, patients with stage 3 CRF had statistically significantly higher iPTH levels, but they had statistically significantly lower vitamin D3 levels. However the other biochemical parameters, bone mineral density, sRANKL and NF-κB levels did not reveal any significance. Conclusion: Vitamin D3 and iPTH levels seem to be important parameters for evaluating the early stages of ROD.
Limit value reactive results for HCV antibody is a serious problem in routine diagnostic laboratories. In this study, the HCV RNA levels of HCV antibodies detected in our laboratory were evaluated retrospectively. Methods: The results of the samples sent between January 2016 and July 2017 for HCV antibody screening were retrospectively reviewed. HCV RNA results of patients with low titre (≥1 - <5 s / co) and high titre (≥5 s / co) HCV antibodies were included in this study. Results: Reactivity was detected in 358 of the 28081 samples (1.27%) in which HCV antibody was tested in our laboratory. Reactivity was found in 0.17% of patients who wanted to study HCV antibodies for screening purposes. Reactivity were detected in 5.2% of patients who were required to study HCV antibodies for diagnostic purposes. Conclusion: In our study, only 5.8% of patients with low titre positivity were confirmed with HCV RNA. The seroprevalence of HCV antibody in our study was found to be as low as 1.27%. As a result, positive results should be confirmed with HCV RNA, and if possible, studying HCV antibodies by a different method before HCV RNA testing is expected to reduce the number of tests to be run with the molecular method. It has been concluded that screening anti-HCV testing is not cost effective, especially in low prevalence populations such as our country. *This study was supported by the participation program of Namık Kemal University scientific activities.
OP-135 Case Report of Salmonella Septic Arthritis

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Number of Immunocompromized individuals has been raised currently. Septic arthritis in this group is appeared by rare pathojens and clinical situation demonstrate variances. These variances oftenly cause to delay in diagnosis. In this article; we present a 57 years old female patient who taken immunosuppresive treatment by reason of SLE. The diagnosis of patient was coxarthosis and given to her analgesic medications by different centers and patient has Severe pain in resting and flexion contracture except diffuculty in walking for 6 six months .ESR was 113 mm/H and CRP was 37.8 mg/dl Advanced narrowing of left hip joint space in X-ray imaging and edema in proximal femur; discrepancy in femoral head; inflammation joint space periarticular soft tissue in MR imaging has been detected. Femur head resection, joint debridement and irrigation were performed and antibiotic spacer was applied to the patient in which reproducted Salmonella species in aspiration material. Ampicillin + sulbactam treatment was started and skin traction was applied for flexion contracture. At the end of 6th week, ESR decreased to 36 mm / h, CRP decreased to 3.9 mg / dl. Total hip prosthesis was applied to the patient whose frozen biopsy in perioperatively was clear . Inflammatory arthritis is often not recognized early in SLE patients consecutively delayed diagnosis and incorrect treatment can lead to serious morbidity and complications in patients. Awareness of septic arthritis with SLE will provide that these patients receive early and proper recognition and appropriate treatment.
OP-136 Prevalence and Multiple Viral Co-infection Status of Feline Infectious Peritonitis (FIP) in Turkey

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Feline Infectious Peritonitis (FIP) is one of the fatal diseases, which has been seemed among both domestic and wild felids. It is known that FIP could be induced by Feline Coronavirus (FCoV) which has been asymptotically existed in cat’s natural gut flora. In Turkey, this disease has been previously detected in both in-door and out-door cats. Thus, we aimed to investigate prevalence of FIP by using molecular techniques in this study. In this context, FIP and multiple viral co-infection status has been investigated. Peripheral blood samples from 155 cats with or without clinical signs have been collected. We extracted viral nucleic acid using by a commercial kit. Reverse Transcriptase Polymerase Chain Reaction (RT-PCR) was conducted, in which primers, able to recognize fatal FCoV. We have investigated and compared in same samples other immunosuppressive viral agents (Feline Panleukopenia-FPV and Feline Retroviruses). FIP was determined in 25 samples (25/155; 16%). The rate of double or multiple infections (FPV, Feline retroviruses) in FIP positive cats have been determined as 80 % (20/25) whereas FIP as a single infection has detected in only five cats (%20). After statistic assessment, particularly “poly-infection” criteria presented huge importance in terms of FIP infected cats. Additionally, the results of this study showed that there have been needed effective struggle measures to multiple viral infections by purpose of prevention to fatal FIP. All authors have equally contributed to this study.
It is known that Akabane virus one of the ruminant pathogen agents, which belongs to genus Orthobunyavirus in family Bunyaviridae. As the clinical findings abortions and malformations in newborn ruminants have been reported in 2013-2014 lambing session in Turkey. Some small ruminants have been sampled and the results of this study were published from our group in 2015 (Oguzoglu et al., 2015). At 2017 an outbreak of Akabane virus has been reported in cattle. In current study we want to give some information about this outbreak and their effect on ruminant population in Turkey.
OP-138 The Effect of Biologically Synthesized Zinc Oxide Nanoparticles on Biofilm Formation

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The aim of this study is to evaluate the effect of biologically synthesized zinc oxide (ZnO) nanoparticles on biofilm formation in Staphlococcus aures. Infectious disease is one of the most important public health problems in worldwide because of the rise in resistance against antimicrobial agents. High dose of antibiotics usage to overcome antimicrobial resistant often causes unendurable toxicity. Therefore, nanostructures is applied to treat bacterial infections as new antimicrobial agents. Agar dilution method was used to determine minimum inhibitory concentration (MIC) of ZnO nanoparticles. Microtiter plate assay was performed to detect the effect of MIC concentration of ZnO nanoparticles on biofilm formation in Staphlococcus aures. As a result, the inhibition of biofilm formation in Staphlococcus aures of biologically synthesized ZnO nanoparticles was investigated.
OP-139 Quorum Sensing Signal Molecules Related To Rhamnolipid Production in *Pseudomonas aeruginosa*

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Rhamnolipid (RL) is one of the virulence factor secreted from *P. aeruginosa* and is required to establish and persistence the infection. The control of RL production is under control of Quorum Sensing System and it is influenced by numerous factors of environmental/nutritional levels. In this study, we have investigated the phosphate depletion effect on selected Quorum Sensing Signal Molecules under condition of rhamnolipid production.

**Material and Methods:** The effect of phosphate on RL production was examined in *P. aeruginosa* PAO1 and RL mutant strains by Orcinol and Thin Layer Chromatography (TLC). Additionally, High-Performance Liquid Chromatography-Mass Spectrometry (HPLC/MS) quantification for Qurorum Sensing Signal Molecules (QSSMs) related to rhamnolipid production was carried out using the samples were isolated from 16, 24 and 48h cultures grown in Luria-Bertani (LB) and Proteose Peptone Glucose Amonium Salt (PPGAS) medium. Results: The increase in rhamnolipid production in PPGAS medium, for the wild type strain (48 h) amounted up to 20 fold was achieved comparing to LB media by Orcinol assay. The cultures from PPGAS medium supplemented with 50 mM phosphate (PO4) displayed significantly lower amount of rhamnolipid in 48 and 72 h cultures by 54 % and 64 %, respectively. The highest concentration of QSSMs were the C4-HSL and PQS for all strains. Then, the QSSM profile was followed by 3-oxo-C12-HSL and HHQ. Discussion: Phosphate limitation increased rhamnolipid production via RhlR and PQS systems in *P. aeruginosa* PAO1.
OP-140 Compliance with Mediterranean Diet and Cardiovascular Disease Risk Association in Adults

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This study was planned and conducted to examine the relationship between the risk of an definitely cardiovascular disease event in the following 10-year time period for individuals aged 40-65 years and the compatibility of cardiologically protective Mediterranean diet-MD- and anthropometric measurements. Method: Cross-sectional study in Ankara was conducted with 544 volunteers (263 male, 281 female). The risk of cardiovascular disease was calculated by SCORE- Systematic Coronary Risk Evaluation- European High Risk Chart. In addition, anthropometric measurements of the subjects were measured, body mass index, waist / height and waist / hip ratios were calculated and adherence to cardioprotective MD questionnaire was administered. Results: According to the scores of men, the risk of cardiovascular disease was $3.8 \pm 3.7\%$ and the rate of women was $1.2 \pm 1.4\%$. There was significant positive correlation between cardiovascular risk score and BMI, waist circumference, waist / height and waist/hip ratio for both genders ($p<0.05$). It has been determined that the risk ratios of individuals with low education and those who are not working are higher. There was a negative correlation between individuals' MD compliance levels and cardiovascular risk ratios, but this relationship was not statistically significant ($p> 0.05$). Conclusion: In this study, anthropometric measurements in risk assessment showed that it was important in factors such as education not included in the score.
OP-141 Comparison of Dietary Intake and Body Composition of Metabolically Healthy and Unhealthy Overweight/Obese Women

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Obesity is one of the major concerns in the last years due to the association with future health problems and all-cause mortality. However, there is a subset of obesity who present a metabolic healthy profile. This study aimed to compare dietary intake, diet quality and body composition between metabolically healthy and unhealthy overweight/obese women. Method: Fifty seven overweight/obese (BMI ≥25 kg/m2) premenopausal women 19–50 years were classified by cardiometabolic risk factors, including elevated blood pressure, triglyceride, glucose, low high density lipoprotein, and insulin resistance (MUO≥2; MHO<2). Healthy Eating Index 2005 (HEI-2005) scores were calculated from 24-hour recall data (two days). Body composition was assessed by Tanita MC980. Results: Based on our study results, 56% (n=32) of overweight/obese individuals were found to be metabolically healthy. MHO women were found to have a higher HEI score than MUO (p<0.05). Compared to MUO, MHO had higher whole fruit, higher whole grain, higher milk and higher meat and bean scores. Energy intake was similar between MHO and MUO women. But the percentage of energy from protein was higher in MHO than MUO women (p<0.05). The waist circumference of MHO was found to be lower than MUO (p<0.05). Body fat and fat free mass of MHO and MUO women were similar (p>0.05). Conclusion: Compared to MUO, MHO demonstrate healthier dietary quality although similar body composition. Identifying the possible effects healthy nutrition on the development of MHO will be useful in the treatment of obesity.
Aim: Obesity is on the rise worldwide. An obesity subtype, metabolically healthy obese (MHO), is resilient to unfavorable metabolic profile. The aim of this study was to examine whether sedentary time, physical activity differ between metabolically healthy and unhealthy phenotypes. Method: Fifty seven overweight/obese (BMI ≥25 kg/m2) premenopausal women 19–50 years were classified by cardiometabolic risk factors, including elevated blood pressure, triglyceride, glucose, low high density lipoprotein, and insulin resistance (MUO≥2; MHO<2). Physical activity scores and sitting time were determined using International Physical Activity Questionnaire-Short Form. Physical activity scores, sitting time were compared between MHO vs. MUO. While investigating the associations between non-normally distributed and/or ordinal variables, the correlation coefficient and their significance were calculated using the Spearman test. Results: Women were 30.3±9.8 years with a mean of BMI 29.9±4.2, and %56 were MHO (n=32). MHO had less mins/day in sitting time (585.6±59.4, p<0.05) compared with MUO. There was significantly correlation between sitting time and metabolic status (r=0.544, p<0.001). No significant differences were observed between MHO and MUO for total PA scores and physical activity status. Conclusion: MHO women are significantly less sedentary than their metabolically unhealthy peers with overweight/obesity. But MHO is insignificantly more active than MUO. Future studies are needed to replicate this findings with larger samples with men and women.
OP-143 The Levels of Copper, Iron, Zinc and Lipid Peroxidation in the Pathogenesis of Mitral Chordae Tendinea Rupture

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Mitral chordae tendineae rupture (MCTR) is a complex disease and mechanisms underlying the disease are not yet known. It is well-known fact that oxidative stress and trace elements play role in the pathogenesis of various diseases. Some reports showed that ratios of trace elements together with levels of the trace elements are more sensitive indicator for following of disease activities. Our aim was to investigate relationship of malondialdehyde (MDA) levels in plasma, serum zinc, copper and iron levels with MCTR etiopathogenesis. Twenty-five patients with MCTR and 25 healthy controls were included. Plasma MDA levels were analyzed by spectrophotometric methods. Serum Fe, Cu and Zn were measured by inductively coupled plasma optical emission spectrometry (ICP-OES). Serum copper, iron and plasma MDA concentrations were significantly increased in patient group. However, zinc levels were significantly decreased in MCTR patients. Our results showed that together with oxidative stress, trace element status were involved in MCTR etiopathogenesis. Details of mechanisms underlying the disease should be clarified with further studies.
PP-174 Caregiver Burden and Factors Affecting Care Burden of Caregivers of Patients with Stroke

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Aim: Aim of this study is to determine caregiver burden and factors affecting care burden of caregivers of patients with stroke receiving home care.

Method: A cross-sectional study was performed at the homes of stroke patients enrolled in a “Home Health-Care Unit” of an Education and Research Hospital between October-December, 2015. Only 90 patients and their caregivers of 102 patients who gave their consent to study were included. In data collection, a questionnaire including demographic characteristics of patients and their caregivers with factors affecting caregiver burden and Zarit Caregiver Burden Scale were used. The results were analyzed by Mann-Whitney U test and Kruskal-Wallis test.

Results: We found that caregivers of patients with stroke had a lightly care burden (37.41 ±12.26). It has been identified that caregivers who have not employed in another job, have a chronical disease, those who living with the patient, being the first-degree relative, and those who have difficulty in providing all the self-care needs of the patient had a highly care burden.(p<0.05) It was not any significant differences between mean score of caregiver burden and age, gender, educational status, marital status, caregiving period and duration of daily caregiving (p>0.05).

Conclusion: The care burden of patients with stroke receiving home care is mild. If factors affecting the care burden are considered in the planning of care, quality of life for patients and their caregivers may increase. Key words: Stroke, care burden, factors affecting care burden.
PP-175 May Awake Video-assisted Thoracoscopic Surgery with Thoracic Epidural Anesthesia Use Routinely for Minimaly Invasive Thoracic Surgery Procedures in the Future?

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Avoidance of intubation in Video Assisted Thoracoscopic Surgery (VATS) procedures gains us some advantages in postoperative period; a better respiratory parameters, survival and morbidity mortality rates, reduced hospitalization time and costs, reduced early stress hormone and immune response. Materials and methods: In this study, we reported our experience of 24 consecutive patients undergoing VATS with Thoracic Epidural Anesthesia (TEA). Results: Operation procedures included wedge resection in 11(46%) patients, in 10(42%) patients pleural biopsy (eight of them used talc pleurodesis), in 2(8%) patients air leak control with fibrin glue and in 1(4%) patient bilateral thoracal sympathectomy for hyperhidrosis. We used T4-5 TEA space for 17(72%) of patients, while we used T4-6 TEA space for 7(28%) of patients. TEA block reached the desired level after the mean 26.4±4.3 minutes. There was no occurrence of hypotension and bradycardia during and after TEA. One (4%) patient required conversion to general anesthesis and tracheal intubation because of significant diaphragmatic contractions and hyperpne. Conversion to thoracotomy was not needed in any patient. Conclusions: We conclude that nVATS procedure with aid of TEA is feasibile and safety with minimal adverse events. The procedure can have such advantages as early mobilization, opening of early oral intake, early discharge, patient satisfaction, low pain level. Nevertheless, there is a need for randomized controlled trials involving wider case series on the subject.
The purpose of the study is to determine the communication skills of nursing students and the factors that affect them. The descriptive study was carried out in a nursing department of a university. The data were collected by using personal information form, and The Communication Skills Scale (CSS). The study was conducted between May-June 2017 with 219 nursing students who agreed to participate in the research. The average age of the students was 20.92±1.72 years. 81.3% of the students are females and 80.4% said they prefer communication in face to face, 81.7% stated that they could communicate with patients and their relatives easily. CSS levels of the students were found to be 99.53±15.08. It was found out that there was a significant difference between interpersonal relationship of the students according to class and gender. Additionally it was found out that there was a significant difference between communicating with patients and relatives of the students according to class. Significant differences were found among the students in scores of CSS based on gender, interpersonal relationship, behavioral characteristic and communicating with patients and relatives. It has been understood that the communication skills of the students are good. As the class progressed, communication skills of the students did not change but it was seen that they could communicate more easily with patients and their relatives. Key words: Nursing students, communication, communication skilll
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