

Languages: English, Turkish, German (intermediate), Arabic (Pre-intermediate), French (Pre-intermediate)

High Education

	Department	University	Year
Assoc. Prof.	Family Medicine	Atatürk University	2014-
Specialization	Family Medicine	Health Ministry Haydarpaşa Training and Teaching Hospital Istanbul, Türkiye	1995-1999
Doctor of Medicine	Medical Faculty	Marmara University, Türkiye (in English)	1985-1992
English preparatory school	Medical Faculty	Marmara University, Türkiye	1984-1985

Title of Doctoral Thesis: “Comparison of body temperature measured by infrared thermometer from eardrum to the axillary and rectal body temperature measurements by mercury thermometer”.

Post-Doctoral Fellowship

Yale-Griffin Prevention Research Center (PRC), **New Haven, CT, USA** 2021-2012

Clinical Observership as a Visiting Doctor Heidelberg University Hospital,
Center of Orthopedics and Trauma Surgery, **Heidelberg, Germany** 1992 - 1993

Professional Experience:

Position	Place	Year
Lecturer	Glenbow College-Calgary, Alberta, Canada	2022-2022
Assoc. Prof. Dr.	Düzce University Medical Faculty Department of Family Medicine, Türkiye	2020-2021
Assoc. Prof. Dr.	Ataturk University Medical Faculty Department of Family Medicine – English Medium Faculty, Türkiye	2014-2020
Assoc. Prof. Dr.	Ataturk University Medical Faculty Department of Family Medicine – Head of Department, Türkiye	2014-2016
Assist Prof Dr.	Ataturk University Medical Faculty Department of Family Medicine, Türkiye	2010-2014
Specialist Dr.	Private Umran Health Center/İstanbul, Türkiye	2002-2010
	Social Security Hospital /Yalova	2002-2002
	Private Umran Health Center/İstanbul, Türkiye	1999-2002
Assistant Dr.	Health Ministry Haydarpaşa Training and Teaching Hospital Istanbul, Türkiye	1995-1999
Medical Doctor	Primary care center, ERZURUM, Türkiye	1994-1995

Volunteer Medical Doctor / Disaster and Emergency Manager

- | | |
|--|---------------------|
| • Tsunami, Banda Aceh and Sri-Lanka
Volunteer Medical Doctor, Disaster Manager
Overnight, US\$20,000 fund raised from Turkish communities | Dec 2004 – Feb 2005 |
| • Kashmir earthquake, Pakistan
Volunteer Medical Doctor, Emergency | Oct 2005 – Nov 2005 |
| • Istanbul Earthquake, Turkey
Volunteer Medical Doctor / Disaster and Emergency Manager | Aug 1999 – Sep 1999 |

Projects:

- 1) The effectiveness of providing exercise facility in the treatment of obesity; Project manager, Ataturk University Scientific Research Project, Erzurum, 30/12/2010-30/12/2011. Project Number: 2010/174
- 2) Foundation of calibration laboratory in Atatürk University Hospitals, Researcher, Ataturk University Scientific Research Project, Erzurum, 15/12/2010- ongoing project Project number: 2010/138
- 3) Using of simulators and medical models in the medical education; Researcher, Ataturk University Scientific Research Project, Erzurum, 10/12/2010-15/06/2011
- 4) Collection of medicinal and aromatic herbs and creating a data bank about the scientific surveys made on these herbs. Researcher, Ataturk University Scientific Research Project, Erzurum,
- 5) Comparison of the efficacy of leech treatment and TENS treatment in the treatment of knee osteoarthritis. Researcher, The Scientific and Technological Research Council of Turkey
- 6) The effectiveness of providing exercise facility in the treatment of obesity; Project manager, Ataturk University Scientific Research Project, Erzurum,. Project Number: 2012/524
- 7) The effectiveness exercise with elliptical bicycle and thermal massage beds in the treatment of obese patients.
- 8) Establishment of Calibration Laboratory at Ataturk University Hospital, Scientific Research Project, Erzurum, Turkey.15/12/2010- Project No. 2010/138, Researcher, 2010

Membership to Scientific Foundations

- | | |
|--|-------|
| Turkey Association of Family Medicine Specialist (TAHUD) | 1999- |
| Health Officers Foundation (SAMEDER) | 1995- |

Editorial Boards and Refereeing

- | | |
|---|-------|
| Pulse in Health Journal (Editor-in-Chief) | 2000- |
| Konuralp Medical Journal (Reviewer) | 2010- |

Awards:

- SeT T., Aktürk Z., Avşar Ü, **Işık M**, “Effects of climate on Joint Pain: Results 1900 meters”, First Prize for research poster, Trabzon, 2011.
- Regional Chess Champion, Erzurum Region-2011
- Regional Chess Champion, Erzurum Region-2012

Certificates (from the Turkish Ministry of Health):

- Acupuncture Certificate
- Ozone Therapy Certificate
- Cupping Therapy (Hidjama) Certificate
- Mesotherapy Certificate
- Medical Leech Therapy Certificate

A. The articles published in international refereed journals:

- A1. M. Isik**, A.S. Khan, U. Avsar, Y. Cayir, "Effect of multi-modal approach on obesity management at polyclinic: An interventional clinical trial", HealthMED (ISI), 399-403 pp., 2013
- A2. A. Aköz, M. Işık, H. Şahin, M. Emet**, "Do characteristics of seriously injured older adults differ from their younger counterparts in the emergency department?", Turkish Journal of Medical Sciences (ISI), 2013 , DOI: 10.3906/sag-1207-67
- A3. S. Vançelik, M. Işık, A.R. Toraman, Z. Aktürk**, "Infant mortality in northeastern Anatolia and associated factors", Turkish Journal of Medical Sciences (ISI), 157-166 pp., 2012 , DOI: 10.3906/sag-1008-1069
- A4. M. Isik**, F. N. Aksoy, Y. Cayir, Z. Cansever, "Effectiveness of a structured commercial dieting program on weight control", HealthMED, 1089-1093 pp., 2013
- A5. T. Set, M. Isik, K. Tastan, S. Oztora**, "Improving the skills of interpreting posteroanterior chest X-ray in primary care", HealthMED (ISI), 1038-1042 pp., 2011
- A6. H. Kocoglu, S. Goksu, M. Isik, Z. Akturk, Y.A. Bayazit**, "Infrared tympanic thermometer can accurately measure the body temperature in children in an emergency room setting", International Journal of Pediatric Otorhinolaryngology (ISI), 39-43 pp., 2002
- A7. M. Uzkeser, M. Emet, M. Kılıc, M. Isik**, "What are the predictors of scapula fractures in high-impact blunt trauma patients and why do we miss them in the emergency department?", Eur J Trauma Emerg Surg (ISI), 157-162 pp., 2012 , DOI: 10.1007/s00068-011-0139-9
- A8. H. Acemoglu, Y. Palanci, T. Set, S. Vancelik, M. Isik, H. Polat**, "An intervention study for viral hepatitis Peer-led health education among high school students", Saudi Med J (ISI), 183-187 pp., 2011
- A9. T. Set, Z. Aktürk, Ü. Avşar, M. Işık**, "Climatic Effects on Chest Pain, Headache, and Pain in Joint: Results from an Hospital at an Altitude of 1900 Meters", Türkiye Klinikleri J Med Sci (ISI), 389-393 pp., 2012 , DOI: 10.5336/medsci.2011-23837
- A10. T. Set, Z. Aktürk, M. Büyüklü, Z. Cansever, Ü.Z. Avşar, Ü. Avşar, M. Işık, H. Acemoğlu**, "Improving electrocardiogram interpreting skills among primary care physicians in Turkey", Turk J Med Sci (ISI), 1028-1032 pp., 2012 , DOI: 10.3906/sag-1201-29
- A11. T. Set, A.S. Khan, U. Avsar, M. Isik**, "Do physicians & allied health workers have same believe in complementary and alternative medicine (CAM)?", HealthMED (ISI), 1661-1666 pp., 2012
- A12. M. Isik**, A.S.Khan, U. Avsar, T. Set, Y. Cayir, "Climatic Effect On Rheumatoid Arthritis", Türkiye Klinikleri Tıp Bilimleri Dergisi (ISI), 746-750 pp., 2013, DOI: 10.5336/medsci.2012-31125
- A13. M. Işık, T. Set, A.S.Khan, U.Z. Avşar, Z. Cansever, H. Acemoğlu**, "Prevalence of Blood Brotherhood among High School Students in Erzurum and the Effect of Peer-led Education on this Practice", The Eurasian Journal of Medicine, 83-87 pp., 2013 , DOI: 10.5152/eajm.2013.16
- A14. Cayir, Y., Isik, M., Akturk. Z.**, "Recommendations For The Management of Obesity" Med-Science. 2014, 3(2): 1332-9
- A15. A. S. Khan, M. Isik, Turan Set, Zekeriya Akturk, Umit Avsar**, "A 5-year trend of Myocardial Infarction, Hypertension, Stroke and Diabetes Mellitus in gender and different age groups in Erzurum, Turkey", Journal Of Taibah University Medical Sciences, JTUMED102 proof 9 July 2014 1/8, 2014
- A16. M. Isik, M, Ugur M, Yakisan RS, Sari T, Yilmaz N.** Comparison of the effectiveness of medicinal leech and TENS therapy in the treatment of primary osteoarthritis of the knee : A randomized controlled trial. Z Rheumatol. 2017 Nov;76(9):798-805. English. doi: 10.1007/s00393-016-0176-1. PMID: 27535276.

B. Papers presented at international scientific meetings and in the proceedings:

- B1. Aktürk Z, Koçoğlu H, Işık M, Görpelioglu S.** Health Consumption Trough the Family Planning Center of Women at Childbearing Age in a District in Turkey, and the Effecting Factors. 6th European Conference on General Practice and Family Medicine, 2-6 July 2000, Vienna, Kongre Kitabı s:157.
- B2) Aktürk Z, Işık M, Kolbay F.** Comparison of Infrared Aural Thermometer and Mercury Thermometer Usage in the Emergency Ward. 6th European Conference on General Practice and Family Medicine, 2-6 July 2000, Vienna, Kongre Kitabı s:157.
- B3) Set T., Işık M., Avşar Ü., Cansever Z., Aktürk Z.** "Atatürk University Hospital in Injuries Managements and Medical Care Services", Winter Universiade Conference 2011, Abstract Book, 24-27 January 2011, Erzurum, Turkey, 125-126, 2011.

- B4) Işık M.,** Set T., Avşar Ü., Cansever Z., Aktürk Z. “Benefits of Exercise Beyond Losing Weight: Functional Status and Mood Improve After Observed Exercise”, Winter Universiade Conference 2011, *Abstract Book*, 24-27 January 2011, Erzurum, Turkey, 126, 2011.
- B5) Büyüklü M.,** Set T., **Işık M.** “What is an Athlete’s Hearth: A Case Report”, Winter Universiade Conference 2011, *Abstract Book*, 24-27 January 2011, Erzurum, Turkey, 131-132, 2011.
- B6) Avşar Ü., Işık M.,** Cansever Z., Set T. “Acute Mountain Sickness”, Winter Universiade Conference 2011, *Abstract Book*, 24-27 January 2011, Erzurum, Turkey, 134-135, 2011.
- B7) Işık M.,** Set T., Avşar Ü. “Performance-enhancing Herbs for Athletes”, Winter Universiade Conference 2011, *Abstract Book*, 24-27 January 2011, Erzurum, Turkey, 138, 2011.
- B8). Akturk Z.,** Set T., **Isik M.,** Avsar U. “Calibration as an impact factor effecting primary care health services”, 17th WONCA Europe 2011 Conference, *Abstract Book*, 8-11 September 2011, Warsaw, Poland, 80, 2011.
- B9). Set T.,** Avsar U., **Isik M.,** Buyuklu M., Cansever Z. “Continuous Medical Education in Primary Care: Electrocardiography”, 17th WONCA Europe 2011 Conference, *Abstract Book*, 8-11 September 2011, Warsaw, Poland, 138, 2011.
- B10) Işık M,** Keleş M, Uyanık A., “A Case of Rhabdomyolysis Associated With the Use of Heavy Exercise and Fenofibrate” Winter Universiade Conference 2011, *Abstract Book*, 24-27 January 2011, Erzurum, Turkey, 138, 2011.
- B11) T. Set, A. Khan, Z. Cansever, Ü. Z. Avşar, M. Işık, Ü. Avşar, Z. Aktürk, H. Acemoğlu.** “Risk of Hepatitis B in High School Students in Eastern region of Turkey”, 18th WONCA Europe Conference, *Abstracts*, 4-7 July 2012, Vienna, Austria, 167, 2012.
- B12) F. N. Aksoy, Z. Akturk, T. Set, U. Avsar, M. Isik.** “Effects of acupuncture treatment on chronic pain”, 18th WONCA Europe Conference, *Abstracts*, 4-7 July 2012, Vienna, Austria, 199, 2012.
- B13. Z. Aktürk, Z. Cansever, Z. Avşar, Ü. Avşar, A. Çayır, M. Işık, E. Özyıldırım, G. Eryılmaz, S. Yıldırım, N. Düz kale, N. Kurt, M. Şener, M. Aktan, A. Erdil, E. Bilge.** “Climatic Effects on Hospital Admissions”, 18th WONCA Europe Conference, *Abstracts*, 4-7 July 2012, Vienna, Austria, 199, 2012.
- B14. M. Isik, U. Avsar, Z. Cansever, T. Set, H. Acemoglu, A. Khan.** “Blood Brotherhood Ritual: a Disregarded Way of Transmission of Blood-Borne Infectious Diseases”, 18th WONCA Europe Conference, *Abstracts*, 4-7 July 2012, Vienna, Austria, 250, 2012.
- B15. T. Set, A. Khan, Z. Aktürk, M. Işık, Ü. Avşar, Ü. Z. Avşar, Z. Cansever, H. Acemoğlu.** “Knowledge of Primary Care Health Workers regarding complementary and alternative medicine (CAM) in Erzurum, Turkey”, 18th WONCA Europe Conference, *Abstracts*, 4-7 July 2012, Vienna, Austria, 251, 2012.
- B16. Ü. Avşar, Ü. Z. Avşar, T. Set, M. Işık, Z. Cansever.** “Screening of Depression in Primary Care: Outcomes of a Cross-sectional Study in Erzurum, Turkey”, 18th WONCA Europe Conference, *Abstracts*, 4-7 July 2012, Vienna, Austria, 266, 2012.
- B17. Ü. Avsar, A. S. Khan, T. Set, M. Isik, Z. Akturk.** “Are medical interns motivated to select family medicine as a career specialty in Turkey?”, 20th WONCA World Conference, *Abstracts*, Oral Communication, 25–29 June 2013, Prague, Czech Republic, 28, 2013
- B18. Y. Cayir, T. Set, M. Isik, U. Avsar, Z. Akturk.** “Vaginal and cesarean delivery: Turkish findings on the mother’s perspective”, 20th WONCA World Conference, *Abstracts*, Oral Communication, 25–29 June 2013, Prague, Czech Republic, 1152, 2013
- B19. M. Isik, A. Sattar Khan, U. Avsar, T. Set, Y. Cayir.** “Climatic effect on rheumatoid arthritis”, 20th WONCA World Conference, *Abstracts*, 25–29 June 2013, Prague, Czech Republic, 29, 2013.
- B20. S. Isik, E. Gur, M. Isik.** “Nano biomaterial as a filling media of pilonidal sinus and anal fistula”, 9th Nanoscience and nanotechnology Conference”, Atatürk Üniversitesi, 24-28 June 2013, Erzurum, 2013.
- B21. A. Sattar Khan, T. Set, Y. Cayir, M. Isik.** “Paternalism or partnership: Physicians’ views about Shared-Decision Making (SDM) in Turkey”, 20th WONCA World Conference, *Abstracts*, 25–29 June 2013, Prague, Czech Republic, 27, 2013.
- B22. M. Isik, A. Sattar Khan, U. Avsar, Y. Cayir.** “Effect of multi-modal approach on obesity management at polyclinic: an interventional clinical trial”, 20th WONCA World Conference, *Abstracts*, 25–29 June 2013, Prague, Czech Republic, 2013.
- B23. Kenan Tastan, Memet Isik, Rabiya Sebnem Yakisan, Ummu Zeynep Avsar, Turan Set.** “Complementary-alternative methods and cognitive behavioral therapies in the management of sleep disorders”, 19th WONCA Europe Conference 2014 *Abstract Book 2* -5 July 2014, Lisbon, Portugal, 2014

D. The Articles published in national refereed journals:

- D1. Işık M.**, M. Özdemir B., “Sinir Sisteminin Gelişme Kusurlarına Ait Bir Olgu: ‘Anencephaly’ Sürekli Tıp Eğitimi Dergisi 1995; 4(6): 188-89
- D2. Işık M.**, “Yükselen Bir Değer: Aile Hekimliği”, *Sağlıkta Nabız Dergisi*, 2001;3(6):42-43
- D3. Işık M.**, “Sınır Tanımayan Doktorlar” *Sağlıkta Nabız Dergisi*;2001 3(8): 34-35
- D4. Işık M.**, “Bebek Bakımı Fiziksel Büyüme ve Gelişmesi” *Sağlıkta Nabız Dergisi*;2003 3(12):38-41
- D5. Işık M.**, Çadırcı E., “Solunum Yolu Enfeksiyonlarında Tamamlayıcı ve Alternatif Tedaviler” Türkiye Klinikleri J Fam Med-Special Topics 2011;2(4) 69
- D6. Işık M.**, “Aile Hekimliğinde Karşılaşılan Psikiyatrik Rahatsızlıklarda Tamamlayıcı ve Alternatif Tedaviler” Türkiye Klinikleri J Fam Med-Special Topics 2012;3(1):56-8
- D7. Işık M.**, “Psikiyatride Bitkisel Drogların Kullanımı” *Sağlıkta Nabız Dergisi*;2011 7(28): 19-22
- D8. Aktürk Z, Işık M.** “Besin Değeri ve Sağlık Açısından Hurma (*Phoenix dactylifera*)” Konuralp Tıp Dergisi 2012;4(3):62-68
- D9. Işık M.**, Aksoy F.N, “Tıbbî sülük tedavisi (Hirudoterapi) ve Hacamat”. Sağlık Düşüncesi ve Tıp Kültürü Dergisi 2012; 22:80-83
- D10. Çayır, Y., Işık M.**, “Terminal dönem kanser hastalarında evde sağlık hizmetleri”, *Smyrna Tıp Dergisi* 2012 Ek Sayı 1, 87-89
- D11. Ü. Avşar, Ü. Z. Avşar, M. Işık**, "Aile hekimliğinde sık karşılaşılan bir hastalık; Büllöz İmpetigo, Bir olgu Sunumu", Ankara Medical Journal, 2013; 13(2):100-102
- D12. Aktürk Zekeriya, Işık Memet** “The Need for Medical Doctors in Turkey: A Projection Plan from 2013 to 2033 with Emphasis to Family Medicine” Euras J Fam Med 2013; 2(1): 33-36
- D13. Taştan Kenan, Isik Memet**, Yakisan R.Ş, Avsar, U.Z, Set T. “Complementary-alternative methods and cognitive behavioral therapies in the management of sleep disorders” Euras J Fam Med 2013; 2(3):101-106
- D14. Memet Işık**, Fatih Akçay. “Kanser Tedavisinde Tamamlayıcı ve Alternatif Tıp”. Türkiye Klinikleri J Fam Med-Special Topics 2014;5(2):28-36
- D15. F.10. M. Işık**, A. Avcı, Using Diagnostic and Screening Tests in The Clinical Decision-Making Process of First Stage Family Medicine Centers. Lecture Notes, Z. Aktürk (Editor) Turkish Family Medicine Specialization Association 2016

E. Publications presented at national scientific meetings and published in the proceedings

- E1. Aktürk Z, Koçoğlu H, Işık M, Görpelioğlu S.** Körfez AÇSAP Merkezi Bölgesinde Doğurgan Yaştaki Evli Kadınların Ana Çocuk Sağlığı ve Aile Planlaması Hizmetlerini Kullanma Durumları ve Etkileyen Faktörler. IV. Ulusal Aile Hekimliği Kongresi, 1999, İstanbul, Kongre Kitabı, s:94.
- E2. Aktürk Z., Dağdeviren N. ve M. Işık**, “Çok Merkezli Bir Araştırma Projesi”, *VI. Ulusal Aile Hekimliği Kongresi Kongre Kitabı*, 111, Bursa, 2004.
- E3. Set T., Işık M.**, Avşar Ü., Cansever Z., Aktürk Z., “Atatürk Üniversitesi Tıp Fakültesi Aile Hekimliği Anabilim Dalı Mezuniyet Öncesi Eğitim Programı”, *9. Ulusal Aile Hekimliği Kongresi Kongre Kitabı*, 101, Antalya, 2010.
- E4. Set T., Işık M.**, Aktürk Z., Avşar Ü., Cansever Z., “Türkiye’de 2001-2010 Yılları Arası Aile Hekimliği Uzmanlık Eğitimi Kadroları”, *9. Ulusal Aile Hekimliği Kongresi Kongre Kitabı*, 126, Antalya, 2010.
- E5. Işık M.**, Set T., Cansever Z., “Sülük Tedavisi”, *9. Ulusal Aile Hekimliği Kongresi Kongre Kitabı*, 130-131, Antalya, 2010.
- E6. Set T., Işık M.**, Avşar Ü., Aktürk Z. “Sağlık Çalışanlarının Tamamlayıcı ve Alternatif Tedaviler Hakkındaki Tutumları”, *10. Ulusal Aile Hekimliği Kongresi Program ve Özet Kitabı*, 135, Fethiye, 2011.
- E7. Aktürk Z., Acemoğlu H., Cansever Z., Işık M.** “ATAG Eğitimi Değerlendirme ve Geribildirim Formu” 10. Ulusal Aile Hekimliği Kongresi Program ve Özet Kitabı, 135-136, Fethiye, 2011.
- E8. Işık M.**, Set T., Avşar Ü., Cansever Z. “Psikiyatride Bitkisel Drogların Kullanımı”, *10. Ulusal Aile Hekimliği Kongresi Program ve Özet Kitabı*, 135-136, Fethiye, 2011.
- E9. Set T., Aktürk Z., Avşar Ü., Işık M.**, “Eklem Ağrısı Üzerine İklimin Etkileri: 1900 Metre Yükseklikten Bulgular”, *3. Uluslararası Karadeniz Aile Hekimliği Kongresi (KAHEKON-2011) Araştırma Posterleri Özet Kitapçığı*, 3, Trabzon, 2011.

- E10.** Set T., **Işık M.**, “Birinci Basamak Sağlık Çalışanlarının Tamamlayıcı ve Alternatif Tedaviler Hakkındaki Bilgileri”, 4. Uluslararası Katılımlı Karadeniz Aile Hekimliği Kongresi (KAHEKON-2012) Araştırma Posterleri Özet Kitapçığı, 3, Trabzon, 2012
- E11.** Aktürk Z., **Işık M.**, Akçay F. “Şişmanlık ve Akupunktur: PubMed Derlemesi” 7. Uluslararası Katılımlı Ulusal Akupunktur Kongresi 2012 Ankara (Sözlü Bildiri).
- E12.** Avşar Ü. Z., Avşar Ü., Set T., **Işık M.** “Atatürk Üniversitesi Tıp Fakültesi 6. Sınıf Aile Hekimliği Stajının İntörn Doktorlar Tarafından Kalitatif Olarak Değerlendirilmesi”, Aile 2012 11. Ulusal Aile Hekimliği Kongresi Program ve Özet Kitabı, S-010, Antalya, 2012.
- E13.** **Işık M.**, Set T., Hkan A. S., Avşar Ü., “Klinikte Egzersiz İmkânı Sağlanmasının Obezite Tedavisindeki Etkinliği: Bir Olgu Sunumu”, Aile 2012 11. Ulusal Aile Hekimliği Kongresi Program ve Özet Kitabı, P-148, Antalya, 2012.
- E14.** Khan A. S., **Işık M.**, Set T., Aktürk Z., Avşar Ü., “Cardiovascular Health Analysis of ICD-10 Hospital Data (2007-2001) as regard to Gender and Different Age Groups in Eastern Turkey”, 6. Aile Hekimliği Güz Okulu Kongre Kitabı, P-123-124, Antalya, 2012.
- E15.** Y. Çayır, T. Set, Ü. Avşar, **M. Işık**, Z. Aktürk "Annelerin Emzirme Hakkında Tutum ve Davranışları ile Emzirmeyi Etkileyen Bazı Faktörler", 2. Ankara Aile Hekimliği Kongresi Kongre Kitapçığı, 49 pp., Ankara, Türkiye, 15-16 Mart 2013
- E16.** Ü. Z. Avşar, Ü. Avşar, T. Set, Y. Çayır, **M. Işık**, "İntörn Doktorların Aile Hekimliği Stajından Beklentileri", Aile Hekimleri Ulusal Kongresi 2013 & Aile Sağlığı Çalışanları Kongresi, Aile Hekimleri Ulusal Kongresi 2013 & Aile Sağlığı Çalışanları Kongresi Kongre Bildiri Kitapçığı" bildiri kitapçığındaki 22 pp., Konya, Türkiye, 25-28 Nisan 2013
- E17.** Ü. Avşar, Ü. Z. Avşar, Y. Çayır, **M. Işık**, Z. Cansever, F. Bingöl, Z. Aktürk, 2. Trakya Aile Hekimliği Kongresi konferansı dahilinde "Euras J Fam Med 2012;1(Suppl 1)" bildiri kitapçığındaki "Most Common Problems Among Residents at a Medical Faculty", 26 pp., Edirne, Türkiye, 1-3 Kasım 2012
- E18.** Ü. Avşar, **M. Işık**, Ü. Z. Avşar, 6.Ulusal Anksiyete Kongresi Kongresi konferansı dahilinde "6.Ulusal Anksiyete Kongresi Kongresi Program ve Özet Kitabı" bildiri kitapçığındaki "Dünya ve Türkiye’de Psikiyatrik Hastalıklarda Tamamlayıcı ve Alternatif Tedavilerin Yaygınlığına Genel Bir Bakış", 146-147 pp., Girne-KKTC, 9-13 Eylül 2011
- E19.** Ü. Avşar, Ü. Z. Avşar, **M. Işık**, 10. Ulusal Aile Hekimliği Kongresi konferansı dahilinde "10. Ulusal Aile Hekimliği Kongre Kitapçığı" bildiri kitapçığındaki "Aile Hekimliğinde Sık Karşılaşılan Bir Hastalık; Büllöz İmpetigo. Sevk mi, Tedavi mi? Bir Olgu Sunumu", . 162pp., Fethiye, Türkiye, 18-22 Mayıs 2011
- E20.** **M. Işık**, “Complementary and alternative methods and cognitive behavioral therapies in the management of sleep disorders”, 6. Aile Hekimliği Güz Okulu Kongre Kitabı, P-135-136, Antalya, 2012.
- E21.** Vançelik S., **Işık M.**, Toraman A. R., Aktürk Z., “Kuzeydoğu Anadolu’da Bebek Ölümleri ve İlişkili Faktörler”, 9. Ulusal Aile Hekimliği Kongresi Kongre Kitabı, 103 pp., Antalya, 2010.
- E22.** Çayır Y., **Işık M.**, Aktürk Z., “Obezite yönetiminde yeni bir model önerisi”, 12. Ulusal Aile Hekimliği Kongresi Kongre Kitabı, poster no:134, Kuşadası, 15-19 Mayıs 2013.
- E23.** T. Sarı, A. Kaya, A. Yılmaz, R. Ş. Yakışan, **M. Işık**. “Arteriyel embolisi olan vakada sülük tedavisi” 13. Ulusal Aile Hekimliği Kongresi, Kongre kitapçığı, Poster No:015, P:141, 23-27 Nisan 2014, Antalya, 2014.
- E24.** T. Sarı, A. Kaya, R. Ş. Yakışan, A. Yılmaz, **M. Işık**. “Tip 2 Diyabetes Mellitus Tedavisinde Tarçın” 13. Ulusal Aile Hekimliği Kongresi, Kongre kitapçığı, Poster No:022, P:148, 23-27 Nisan 2014, Antalya, 2014
- E25.** A. Kaya, T. Sarı, R. Ş. Yakışan, A. Yılmaz, **M. Işık**. “Venöz Yetmezlikte Sülük Tedavisi İle 6 Aylık Takipte Reflü Akımı İzlenmeyen Olgu”, 13. Ulusal Aile Hekimliği Kongresi, Kongre kitapçığı, Poster No:023, P:149, 23-27 Nisan 2014, Antalya, 2014
- E26.** **M. Işık**, “Tamamlayıcı ve Alternatif Tıp, Panel No: 15: Tıbbî sülük tedavisi (huridoterapi), 13. Ulusal Aile Hekimliği Kongresi, Kongre kitapçığı, P:72, 23-27 Nisan 2014, Antalya, 2014
- E27.** **M. Işık**, “Tıbbî Sülük Tedavisi (Hirudoterapi) ve Hacamat Tedavisi”, Veskon 4. Multidisipliner Tıp ve Aile Hekimliği Kongresi, Kongre kitabı, p: P:28-31, 4-7 Aralık 2014 Antalya, 2014.
- E28.** **M. Işık**, “Megaloblastik Makrositik Anemiler”, Veskon 4. Multidisipliner Tıp ve Aile Hekimliği Kongresi, Kongre kitabı, p: P:58-60, 4-7 Aralık 2014 Antalya, 2014.

F. Written books, book chapters, or translations in books:

- F1.** M. Light. Chapter Translation in the Book. Aktürk, N. Dağdeviren (Translation Editors). Milestones of Family Medicine: Millis and Willard Reports, Istanbul, Turkey Family Physicians Specialization Association Publications, 2004

- F2.** M. Işık, Chapter Translation in the Book. U. Aydoğan, K. Sağlam (Translation Editors), Family Medicine Outpatient Treatment and Prevention (Growth Retardation), 162-167 pp., Ankara, Güneş Medical Bookstores, 2013
- F3.** M. Light. Chapter Translation in the Book. Yaman H. (Translation Editor). Field Training for Medical Students in the Office (How Can I Become a Field Trainer), Adana: Nobel Publishing House. 2013. (Paul Paulman et al. Precepting Medical Students in the Office. Baltimore: John Hopkins University Press. 2000 (Translated 2010 - In Press)
- F4.** M. Light. Chapter Translation in the Book. Yaman H. (Translation Editor). Field Training for Medical Students in the Office (Learning during Field Training), Adana: Nobel Publishing House. 2013. (Paul Paulman et al. Precepting Medical Students in the Office. Baltimore: John Hopkins University Press. 2000 (Translated 2010 - In Press)
- F5.** M. Işık, Chapter Translation in the Book. Z. Aktürk, H. Acemoğlu (Translation Editors), Family Medicine Education (Introducing Learners to Family Medicine Practice), 73-84 pp., İstanbul, Anadolu Ofset, 2013
- F6.** M. Işık, Chapter Authoring in the Book, Z. Aktürk, A. Turgut (Editors), Healthy Life (Unit 6: Diagnosis, Treatment and Prevention of Obesity), 98-109 pp., Anadolu University Publications No: 2866, Open Education Faculty Publication No: 1823
- F7.** M. Işık, Z. Aktürk, Chapter Authoring in the Book, Complementary and Alternative Medicine, Family Medicine Continuing Professional Development Program Rational Drug Use Module 11.6 Yıldırım Beyazıt University
- F8.** M. Light. Chapter Translation in the Book. Kut Altug, Eminsoy M.G (Translation Editors). Current Diagnosis and Treatment Family Medicine (Vaginal Bleeding),
- F.9.** Işık M. Palliative Care. Department Name: Palliative Wound Care, Turkish İzmir Health Directorate, 2014.
- F.10.** M. Işık, A. Avcı USING THE DIAGNOSIS AND SCREENING TEST RESULTS IN THE CLINICAL DECISION-MAKING PROCESS IN FIRST STAGE Family Medicine Lecture Notes, Z. Aktürk (Editor) Turkish Family Medicine Specialization Association 2016

G. Activities Participated as Educator:

- G1.** “Is obesity and healthy eating possible?”, 11th Family Medicine Congress, 16-20 May 2012, Antalya, 2012.
- G2.** “Acupuncture Training Course”, Atatürk University Acupuncture and Complementary Medicine Methods Application and Research Center, 15 March-15 September 2012, Erzurum, 2012
- G3.** “Family Medicine 1st Stage Adaptation Training”, T.C. Ministry of Health, 18-27 March 2013, Erzurum, 2013.
- G4.** Meeting on “Phytotherapy”, Speaker, Ankara Numune Training and Research Hospital, 28 June 2013, Ankara, 2013
- G5.** “Medical leech therapy (hirudotherapy)” FAMILY 2014, 13. National Family Medicine Congress, Turkish Family Medicine Specialization Association, 23-27 April 2014, Antalya, 2014.
- G6.** “Huridotherapy” Integrated Medicine Symposium, Department of Acupuncture and Integrative Medicine of Atatürk University (ATYAM) in cooperation with Integrative Medicine at Yale, Atatürk University 30 April -2 May 2014
- G7.** “Research Methodology Course”, Atatürk University Medical Faculty in collaboration with Karaganda State Medical University, 11-20 May 2014 Erzurum, 2014
- G8.** “Alternative Treatment Applications: Medical Leech Therapy (Hirudotherapy) and Hijama” VESKON 4th Multidisciplinary Medicine and Family Medicine Congress, 4-7 December 2014, Antalya, 2014

Courses given to undergraduate and graduate students:

- Interpretation of ECG
- Cardiac physiology
- Evaluation of Chest X-ray
- Introduction to Medical Practice
- Medical records
- Health promotion counseling
- Family life cycle
- Complementary and alternative therapies
- Domestic violence
- Introduction to Medical Practice 1

- Introduction to Medical Practice 2
- Reflections on Outpatient Observations
- Primary care medicine
- Family effects on health
- Family life cycle
- Quality circles
- Medical records
- Continuous care
- Low prevalence medicine
- Medical malpractice
- Health education
- Patient adherence
- Continuous care
- Coordination of care
- Low-prevalence medicine
- Medical malpractice
- Patient adherence
- Complementary and alternative therapy modalities
- Coping with chronic pain
- Consultation and Referral
- Basics of periodical health care
- Guidelines for periodical health care
- Health Services for people with disabilities
- Stress and coping mechanisms
- Family effects on health