

PC152**Super Grandma; Active and Productive Women at 84 Years Operating in The Physiological Conditions of The Systems**

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AIM: The reserve capacity for the functioning of organs in healthy populations is decreasing from the age of 30. Within this reduced capacity, the systems in the healthy geriatric age group are working under physiological conditions(2). With the expected life span, the world population is aging faster than the previous fifty years(5). Our aim is to find an answer to the question of how to be healthy and activate in old ages in terms physiology.

METHODS: 84 years old, who has a normal physiological findings of a patient was referred to the Department of Internal Medicine of the KTO Karatay University Medical Faculty Medicana Hospital for the examination of a productive and active female patient was used.

RESULTS: As a result of pulmonary function test, a forced expiratory volume(FEV1)/ forced vital capacity(FVC) ratio revealed %73 and result of an echocardiography, an ejection fraction revealed %70. TA:130/80 Nb:78 /min, KVS S1 S2 normal, respiratory system determined that both lungs were equally admitted and other systemic findings were normal, BMI: determined to be 28 kg / cm². The patient still actively acted as a lifestyle and there was no significant pathology in her story and examination. **CONCLUSION:** Considering that the FEV1 / FVC ratio in the first line dropped by approximately 0.2% per year in 70% of patients by the age of 40-45 years, the ratio of FEV1 / FVC was 73%, with systolic and diastolic blood pressure with respect to age and no change in the ejection fraction (3,4) is directly proportional to active and productivity. In the future, "Healthy Life Behavior Scale II" (1) can be used as an example to find an answer to the question "How can be physiologically normal and healthy old age?"

PC153**Examination of Carbonic Anhydrase 6 Enzyme Activity in The Serum of Students Smokers and Nonsmokers in Ağrı İbrahim Çeçen University Department of Nursing**

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AIM: Smoking is a big issue in not only our country but also entire the world. The importance of this habit is getting increase, because cigarette do harm people who are passive smokers besides the smokers. Carbonic anhydrase (CA, EC 4.2.1.1), which is commonly found in mammalian tissues, is known as a very important enzyme that regulates CO₂ levels in living organisms. In this study, we aimed to determine the smoking frequency and serum CA 6 enzyme levels of nursing students who will become members of occupational health discipline.

METHODS: In our research, we create a group from Agri Ibrahim Cecen University's 111 nursing students who accepted to participate in this study in between 2016 and 2017 academic year. We took the serum samples for investigate purposes the level of CA 6 enzymes with questionnaires of demographic characteristics and smoking prevalence under the observation of the students.

RESULTS: In this study, 54 (48.65%) of the students were female, 57 (51.35%) were male and the age range was 18-24. The number of non-smoking students (A) was 58 (52.25%), the number of female (AK) in this group was 38 (34.23%) and the number of male (AE) was 20 (18.02%). There are 24(%21,62) passive smoker students (B), also there are 9 (%8,11) passive smoker female (BK) and 15 (%13,51) male (BE). There are 29 (%26,13) smoker students (C), also there are 7 (%6,31) smoker female (CK) and 22 (%19,82) male (CE). Specific activity values were determined as follows: AE; 0.646 EU/mg protein, BE; 0.601 EU/mg protein, CE; 0.545 EU/mg, AK; 0.605 EU/mg protein, BK; 0.584 EU/mg protein, CK; 0.420 EU/mg protein.

CONCLUSION: We found that smoking and exposure to cigarette smoke rates were higher in especially male students. CA 6 enzyme activity had a low level in smoker compared to nonsmokers.