

# TÜRKİYE ENDOKRİNOLOJİ VE METABOLİZMA DERNEĞİ BÜLTENİ



Üç ayda bir yayımlanır • Üyelere ücretsiz olarak gönderilir

Sayı 45 • Ocak - Şubat - Mart 2014

## 9. Tiroid Hastalıkları Kursu Gerçekleşti

TEMED Tiroid Çalışma Gurubunun düzenlediği “Tiroid Hastalıkları Kursu” nun dokuzuncusu 18 Ocak 2014 tarihinde Bursa'da gerçekleşti. İnteraktif bir ortamda gerçekleşen kursa 90 aile hekimi ve iç hastalıkları uzmanı katıldı.



## 10. Tiroid Hastalıkları Kursu Gerçekleşti

Türkiye Endokrinoloji ve Metabolizma Derneği'nin 10. Tiroid Hastalıkları Kursu 29 Mart 2014 tarihinde Sakarya'da 150 katılımcı ile gerçekleştirildi.



## 11. Mezuniyet Sonrası Hipertansiyon Eğitim Kursu Tamamlandı

Bülent Ecevit Üniversitesi Tıp Fakültesi Endokrinoloji Bilim Dalı ile Türkiye Endokrinoloji ve Metabolizma Derneğinin "Obezite, Dislipidemi, Hipertansiyon Çalışma Grubu" nun ortaklaşa yürüttüğü 11. Mezuniyet Sonrası Hipertansiyon Eğitim Kursu, 22 Mart 2014 Cumartesi 09.00-18.30 arasında Merkez Kampüs Tahir Karauğuz Toplantı Salonunda 85 hekimin katılımıyla gerçekleştirildi.



Kurs akışıında hipertansiyonun tanımı, sınıflandırılması, önemi, primer ve sekonder hipertansiyon, hipertansiyon ve hedef organ hasarları (kalp, böbrek, beyin ve göz), tedavi yöntemleri, kılavuzlardaki tedavi hedefleri, akılcı ilaç kullanımı, özel durumlarda (gebelik, diabetes mellitus, yaşlılarda ve çocuklarda) hipertansiyon ve tedavisi, yeni ilaçlar, hipertansif aciller ve dirençli hipertansiyon ile özellikli vaka sunumları gerçekleştirildi.

## Kongre ve Kurslarımız



## Bilimsel Kongreler ve Uluslararası Sempozyumlar

Ayrıntılara ve 2014 yılına ait Bilimsel Toplantı Takvimine derneğimiz internet sayfasından ([www.temd.org.tr](http://www.temd.org.tr)) ulaşabilirsiniz.

### 14 - 18 Mayıs 2014

AACE 23<sup>rd</sup> Annual Scientific and Clinical Congress  
Las Vegas, NV, USA  
<http://am.aace.com>

### 21-25 Mayıs 2014

36. Türkiye Endokrinoloji ve Metabolizma Hastalıkları Kongresi  
Cornelia Diamond Hotel, Antalya  
<http://www.temhk2014.org/>

### 28 - 31 Mayıs 2014

21<sup>st</sup> European Congress on Obesity  
Sofia, Bulgaria  
<http://eco2014.easo.org/>

### 13 - 17 Haziran 2014

American Diabetes Association 74<sup>th</sup> Scientific Sessions  
San Francisco, CA, USA  
<http://professional.diabetes.org>

### 21-24 Haziran 2014

ICE/ENDO 2014  
Chicago, Illinois  
<https://www.endocrine.org/endo-2014>

### 06 - 10 Eylül 2014

38<sup>th</sup> Annual Meeting of the European Thyroid Association  
Santiago de Compostela, Spain  
<http://www.eurothyroid.com/futureevents.html>

**10 - 13 Eylül 2014**

16<sup>th</sup> Congress of the European Neuroendocrine Association  
Sofia, Bulgaria  
<http://www.eneassoc.org/>

**15-19 Eylül 2014**

50<sup>th</sup> EASD Annual Meeting,  
Vienna, Austria  
[www.easd.org](http://www.easd.org)

**23-26 Ekim 2014**

EndoBridge 2014  
Regnum Carya Golf & Spa Resort, Belek-Antalya  
<http://endobridge.org/2014/>

**29 Ekim - 02 Kasım 2014**

84<sup>th</sup> Annual Meeting of the American Thyroid Association  
Coronado, CA, USA  
<http://www.thyroid.org>

**Üyelerimizden Literatür Seçmeleri****The Adiponectin Variants Contribute to the Genetic Background of Type 2 Diabetes in Turkish Population.**

Arikoglu H<sup>1</sup>, Ozdemir H<sup>1</sup>, Kaya DE<sup>1</sup>, Ipekci SH<sup>2</sup>, Arslan A<sup>3</sup>, Kayis SA<sup>4</sup>, Gonen MS<sup>5</sup>.

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Gene. 2013 Oct 26. pii: S0378-1119(13)01448-0. doi: 10.1016/j.gene.2013.10.039. [Epub ahead of print]

**Abstract**

Adiponectin, an adipose tissue specific protein encoded by the Adiponectin gene, modulates insulin sensitivity and plays an important role in regulating energy homeostasis. Many studies have shown that single nucleotide polymorphisms (SNPs) in the Adiponectin gene are associated with low plasma adiponectin levels, insulin resistance and an increased risk of type 2 diabetes mellitus. The aim of the present study was to evaluate the contribution of the Adiponectin gene polymorphisms in genetic background of type 2 diabetes in a Turkish population. In total, 169 unrelated and non-obese diabetic patients and 119 age- and BMI-matched non-diabetic individuals with no family history of diabetes were enrolled in this study. We detected a significant association between type 2 diabetes and two SNPs: SNP -11391G>A, which is located in the promoter region of the Adiponectin gene, and SNP +276G>T, which is found in intron 2 of the gene (P<0.05). The silence SNP G15G (+45T>G) in exon 1 and SNP +349A>G in intron 2 also showed a weak association with type 2 diabetes (P=0.06 and P=0.07, respectively), while SNPs -3971A>G in intron 1 and Y111H, R112C and H241P in exon 3 showed no association (P>0.05). In conclusion, these findings suggest that Adiponectin gene polymorphisms might be effective on susceptibility for type 2 diabetes development which emerged from the interactions between multiple genes, variants and environmental factors.

**Preclinical Atherosclerosis in Patients with Prolactinoma**

Arslan MS, Topaloglu O, Sahin M, Tural E, Gungunes A, Cakir E, Ozturk IU, Karbek B, Ucan B, Ginis Z, Cakal E, Ozbek M, Delibas T.

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Endocr Pract. 2013 Dec 10:1-15.

**Abstract**

**Objective:** The aim of this study was to evaluate the effect of hyperprolactinemia on body fat, insulin sensitivity, inflammatory markers, and cardiovascular risk in patients with prolactinoma.

**Methods:** The study included 35 untreated hyperprolactinemic patients with pituitary adenomas, and 36 age-, gender-, and BMI-matched healthy controls without any known disease. Serum glucose, insulin, homeostasis model assessment of insulin resistance, lipid profile, high sensitive C-reactive protein, and heart-type fatty acid binding protein levels were measured. Waist and hip circumference were measured in all the participants. The body fat percentage was measured, and the visceral fat and abdominal fat percentage was measured via bioelectrical impedance. In addition, carotid intima media thickness was measured using high-resolution B-mode ultrasound.

**Results:** The serum glucose level, homeostasis model assessment of insulin resistance, triglyceride level, and waist circumference were significantly higher in the patient group than in the control group. The high sensitive C-reactive protein level and carotid intima media thickness were significantly higher in the hyperprolactinemic patients. Visceral and truncal fat percentages were significantly higher in the patients with prolactinoma. Heart-type fatty acid binding protein levels were similar in the patient and control groups, and there was a positive correlation between the prolactin and heart-type fatty acid binding protein levels.

**Conclusions:** Based on the present findings, hyperprolactinemia is associated with preclinical atherosclerosis and metabolic abnormalities. Patients with hyperprolactinemia might experience cardiovascular disease in the long-term. Metabolic control should be achieved in addition to the control of hyperprolactinemia, in the clinical management of patients diagnosed with prolactinoma.

## Hyperprolactinaemia associated with increased thyroid volume and autoimmune thyroiditis in patients with prolactinoma

Arslan MS<sup>1</sup>, Sahin M, Topaloglu O, Tutal E, Karakose M, Gungunes A, Cakal E, Ozbek M, Delibasi T.

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Clin Endocrinol (Oxf). 2013 Dec;79(6):882-6. doi: 10.1111/cen.12217. Epub 2013 May 15.

### Abstract

**Objective:** The aim of this investigation was to evaluate the effects of hyperprolactinaemia on thyroid function, volume and nodularity in patients with prolactinoma.

**Context:** Hyperprolactinaemia has been associated with various autoimmune diseases; however, the data on the correlation between the level of prolactin (PRL) and thyroid disorders have not been adequately clarified.

**Design:** Case-control study.

**Patients:** Forty-eight subjects with new diagnosis of hyperprolactinaemia (group 1) and 39 subjects undergoing treatment for prolactinoma (group 2) were recruited from our outpatient clinic. Fifty-two healthy subjects were included as a control group (group 3).

**Measurements:** The serum PRL, thyroid-stimulating hormone (TSH), thyroxine (free T4), thyroidal microsome (anti-TPO) and antithyroglobulin antibodies (TgAb) levels were evaluated, and ultrasonographic thyroid volume was calculated.

**Results:** The frequencies of positive anti-TPO and TgAb were significantly higher in group 1 than in groups 2 and 3 ( $P = 0.008$ ). Also, the percentage of patients with thyroid heterogeneity were significantly higher in groups 1 and 2 than in group 3 ( $P < 0.05$ ). The percentage of patients with thyroid nodules were higher in group 1 than in groups 2 and 3 ( $p_{1-2} = 0.03$ ,  $p_{1-3} = 0.05$  and  $p_{2-3} = 0.637$ ). The mean thyroid volume was significantly higher in group 1 ( $P = 0.001$ ), and a positive correlation was found between thyroid volume and the level of PRL ( $r = 0.616$ ;  $P = 0.0001$ ). Prolactin had a significant effect on the total volume according to stepwise multiple linear regression analysis (adjusted  $R(2)$  is 0.268;  $P < 0.0001$ ).

## Evaluation of epicardial fat tissue thickness in patients with primary hyperparathyroidism

Asik M<sup>1</sup>, Sahin S<sup>2</sup>, Temiz A<sup>3</sup>, Ozkaya M<sup>4</sup>, Ozkul F<sup>5</sup>, Sen H<sup>6</sup>, Binnetoglu E<sup>6</sup>, Gunes F<sup>6</sup>, Bozkurt N<sup>6</sup>, Sahin M<sup>7</sup>, Ukinc K<sup>1</sup>.

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Endocr Pract. 2014 Jan-Feb;20(1):26-32. doi: 10.4158/EP13140.OR.

### Abstract

**Objective:** Primary hyperparathyroidism (pHPT) affects the cardiovascular system, and epicardial fat tissue (EFT) thickness is closely associated with cardiovascular diseases and atherosclerosis. Despite this, the association between EFT thickness and pHPT has not been studied in a clinical setting. This study aimed to assess EFT thickness in patients with pHPT.

**Methods:** The study included 38 patients with pHPT and 40 healthy controls. EFT thickness, carotid intima-media thickness (CIMT), serum levels of parathormone (PTH) and calcium, and blood chemistry profiles were determined in all subjects. Correlation and regression analyses were performed with EFT thickness and CIMT as dependent variables and age; systolic and diastolic blood pressure; body mass index (BMI); presence

of diabetes mellitus; and free plasma glucose (FPG), PTH, and serum calcium (Ca) levels as independent variables.

**Results:** Both the mean EFT thickness and the mean CIMT were significantly greater in the pHPT group than the control group ( $P < .001$  for both). Correlation analysis showed that EFT thickness was significantly correlated with CIMT, age, systolic blood pressure, and PTH and serum Ca levels. Furthermore, the regression analysis revealed that EFT thickness retained its independent and positive association with FPG and serum Ca levels. **Conclusions:** The results of this study indicate that EFT thickness may be a useful marker of early atherosclerosis in patients with pHPT. Furthermore, the increase in EFT thickness appears to be due to hypercalcemia.

## Effect of radioactive iodine therapy on lacrimal gland functions in patients with hyperthyroidism

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Clin Nucl Med. 2014 Apr;39(4):315-8. doi: 10.1097/RLU.0000000000000308.

### Abstract

**Background:** Radioactive iodine (RAI) therapy is preferred in the treatment of hyperthyroidism because of its effectiveness, noninvasiveness, and low costs. It has been detected in extrathyroidal tissues, such as in gastric mucosa, salivary glands, and lacrimal glands. To the best of our knowledge, there is no publication concerning the effects of RAI therapy for hyperthyroidism on tear production. In the present study, we evaluated whether or not the lacrimal glands are affected after RAI therapy when compared with pretreatment period.

**Methods:** The Schirmer and tear break-up time (TBUT) tests were used to assess 32 eyes of 16 patients with conditions that were diagnosed as hyperthyroidism before and at 3 and 6 months after RAI treatment. In addition, pretreatment values of patients were compared with that of controls. It was evaluated whether or not a correlation exists between the results and the dose or iodine uptake values.

**Results:** There was no significant difference between pretreatment values of Schirmer and TBUT tests obtained in the patient group and those of the control group ( $P > 0.05$ ). In the patient group, there was a significant difference between the posttreatment and pretreatment values ( $P < 0.05$ ). There was a positive correlation between uptake values obtained at 24 hours and the values obtained by TBUT and Schirmer tests on both eyes at 3 and 6 months. At 6 months, the uptake value at 24 hours was  $28.83 \pm 60$  for both eyes in patients with TBUT test values less than 10, whereas it was  $39.25 \pm 7.88$  for the right eye and  $39.00 \pm 6.85$  for the left eyes in patients with TBUT test values greater than 10. The difference was statistically significant ( $P < 0.05$ ).

**Conclusions:** In our study, we concluded that the decrease in mucin and aqueous production occurs due to affected lacrimal glands by RAI therapy; however, this effect is not dose dependent.

## Effect of cyclin D1 (CCND1) gene polymorphism on tumor formation and behavior in patients with prolactinoma

Cander S<sup>1</sup>, Ertürk E, Karkucak M, Oz Gül O, Görükmez O, Yakut T, Unal OK, Ersoy C, Tuncel E, Imamoğlu S.

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Gene. 2012 Nov 1;509(1):158-63. doi: 10.1016/j.gene.2012.07.056. Epub 2012 Aug 8.

### Abstract

The objective of this study was to investigate the effect of G870A gene polymorphism of CCND1 on the formation and behavioral features of prolactinomas. One hundred and thirteen patients with prolactinoma and 108 age and gender matched control were included in the study. The patients were divided into two groups as noninvasive and invasive tumors. CCND1 G870A gene polymorphism was compared in patients/control and invasive/noninvasive groups. A and G allele frequencies were found as 41.7% and 58.3% in the controls, and 61.1% and 38.9% in the patients ( $p < 0.01$ ). Rates of G/G, G/A and A/A genotypes were found as 11.8%, 55.9% and 32.4% in the noninvasive

group, and 15.6%, 44.4% and 40.0% in the invasive group, respectively. Differences between patient and control groups were significant but were not between invasive and noninvasive groups in terms of the allele frequencies and genotype distribution. Mean tumor size and serum levels of prolactin at the time of diagnosis and change in these values after the treatment were not found statistically significant in genotype subgroups. CCND1 G870A gene polymorphism may be an important factor in the early stages of the tumor formation. However, it did not affect the features of the tumor.

### Vitamin D status and seasonal changes in plasma concentrations of 25-hydroxyvitamin D in office workers in Ankara, Turkey

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Eur J Intern Med. 2014 Feb;25(2):197-201. doi: 10.1016/j.ejim.2013.11.004. Epub 2013 Nov 21.

#### Abstract

**Background:** Lack of sun exposure is one of the primary causes of epidemic vitamin D deficiency worldwide. The aim of this study was to investigate vitamin D status and seasonal changes in summer and winter in office workers.

**Methods:** This study was conducted in Ankara located at 39° 52' 30" N, 32° 52' E. The study consisted of 118 premenopausal women and men aged between 21 and 52 years-old. Seasonal changes were evaluated in August and February. Fasting serum was obtained for intact parathyroid hormone (iPTH) and 25-hydroxyvitamin D (25OHD). Additional data were collected by a questionnaire that enquired about age, weight, height, wearing style, dietary calcium intake and sunlight exposure. Serum 25OHD concentration was measured using a precise HPLC assay. Low vitamin D status was defined as a 25OHD concentration less than 30 ng/mL.

**Results:** Mean serum 25OHD concentration in summer was 28.4±10.4 ng/mL and 13.8±6.6 ng/mL in winter (p<0.001). 35.6% of the subjects were vitamin D insufficient in summer and 12.7% in winter (p<0.001) while 31.5% were vitamin D deficient in summer and 83.9% in winter (p<0.001). A significant increase in iPTH levels (33.1±15.9 pg/mL vs 49.6±24.3 pg/mL, p<0.001) was observed throughout the seasonal change. No significant association was found between 25OHD levels and iPTH, body mass index, age and sun exposure index (p>0.05 for all) in both seasons.

**Conclusion:** Vitamin D deficiency is very prevalent in office workers even in summer time and this should be accepted as a public health problem.

### The prevalence of depression and anxiety disorders in patients with euthyroid Hashimoto's thyroiditis: a comparative study

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Gen Hosp Psychiatry. 2014 Jan-Feb;36(1):95-8. doi: 10.1016/j.genhosppsy.2013.10.002. Epub 2013 Oct 9.

#### Abstract

**Objective:** The aim of this study was to examine the current prevalence of major depression and anxiety disorders in patients with euthyroid Hashimoto's thyroiditis (HT) and euthyroid goiter.

**Method:** The study sample was formed by consecutive 51 and 45 patients who were admitted to the endocrinology outpatient clinic and diagnosed with euthyroid HT and endemic/nonendemic goiter, respectively, and 68 healthy controls. Current diagnoses of psychiatric disorders were determined using the Structured Clinical Interview for DSM-IV. Beck Depression Inventory and Beck Anxiety Inventory were applied to the participants. **Results:** There was a statistically significant difference among the three groups in terms of major depression (P=.001), any mood or anxiety disorder (P=.000), any depressive disorder (P=.020), any anxiety disorder (P=.016) and obsessive-compulsive disorder (OCD) (P=.013). In the HT group, the prevalence of depression (P=.000), OCD (P=.005) and panic disorder (P=.041) was significantly higher than that in the control group. In the goiter group, depression (P=.006), any depressive disorder (P=.03), and any mood or anxiety disorder (P=.000) were significantly common in comparison to the control group. No significant difference was found between the HT and goiter groups.

**Conclusions:** Euthyroid HT and euthyroid goiter increase predisposition to major depression and anxiety disorders, and thyroid autoimmunity and other thyroid pathologies should be investigated in euthyroid patients with chronic and treatment-resistant complaints.

### The effect of acitretin treatment on insulin resistance, retinol-binding protein-4, leptin, and adiponectin in psoriasis vulgaris: a noncontrolled study

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#### Abstract

**Background/Aim:** To investigate the effects of acitretin treatment on insulin resistance (IR) and adipokines, particularly retinol-binding protein (RBP)-4.

**Methods:** Thirty-four patients with chronic plaque psoriasis and a control group of 34 healthy volunteers were recruited in the study. Screening for the parameters was performed before starting and after 3 months of acitretin treatment in the psoriasis group. The control group was only evaluated at the beginning of the study and did not receive placebo. We could not compare our results with a placebo control group because of ethical reasons.

**Results:** Basal adiponectin (p = 0.01), insulin (p < 0.0001) levels and homeostasis model assessment (HOMA) IR (p < 0.0001) were significantly higher in psoriasis patients. After the treatment, insulin (p = 0.014), C peptide (p = 0.011), RBP-4 (p < 0.0001) levels and HOMA-IR (p = 0.008) decreased significantly. Posttreatment leptin (p = 0.036) levels were significantly lower than those of the controls. Posttreatment adiponectin (p = 0.005) and insulin (p = 0.048) levels were higher than those of the controls.

**Conclusions:** This study showed for the first time that RBP-4 levels and IR are decreased significantly with acitretin treatment. This finding is very important in psoriasis patients because psoriasis may cause insulin resistance and diabetes. Further experimental and clinical studies are needed to clarify the effect of acitretin on adipocyte structure and behavior.

## Waist circumference cutoff points to predict obesity, metabolic syndrome, and cardiovascular risk in Turkish adults

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Int J Endocrinol. 2013;2013:767202. doi: 10.1155/2013/767202. Epub 2013 Nov 27.

### Abstract

**Objective:** The waist circumference (WC) cutoff levels defined for the Caucasian people may not be representative for different ethnic groups. We determined sex specific WC cutoff points to predict obesity, metabolic syndrome, and cardiovascular risk in Turkish adults. **Design and Methods:** The demographic characteristics of 1898 adult males and 2308 nonpregnant females from 24 provinces of 7 different regions of Turkey (mean age  $47 \pm 14$  yrs) were evaluated. **Results:** The WC levels of 90 cm and 100 cm define overweight and obese males while the levels of 80 cm and 90 cm define overweight and obese females. With these cutoff values, 239 additional males (12.6%) are diagnosed as overweight and 148 additional males (7.8%) as obese. Instead, 120 females (5.1%) are free of being labeled as obese. **Conclusions:** This is the first nationwide study to show the action levels of WC for overweight and obese Turkish adults. The ideal cutoff levels of WC to predict metabolic syndrome are 90 cm and 80 cm for Turkish adult men and women, respectively. These values are easy to implement and suggested to be used by the physicians dealing with cardiometabolic disorders in Turkey.

## Soluble TWEAK plasma levels increase after renal transplantation and associate with the improvement of endothelial function.

Yilmaz MI<sup>1</sup>, Sonmez A, Saglam M, Yaman H, Unal HU, Gok M, Cetinkaya H, Eyiletten T, Oguz Y, Sari S, Yildirim AO, Vural A, Carrero JJ, Blanco-Colio LM.

<sup>1</sup>Department of Nephrology, Gülhane School of Medicine, Ankara, Turkey.

Eur J Clin Invest. 2013 Dec;43(12):1250-7. doi: 10.1111/eci.12166. Epub 2013 Sep 20.

### Abstract

**Background:** Soluble TWEAK (sTWEAK) and asymmetric dimethyl arginine (ADMA) concentrations have been associated with endothelial function in patients with chronic kidney disease (CKD). We tested the hypothesis that the improvement in endothelial function observed after renal transplantation is directly linked to the normalization of both sTWEAK and ADMA.

**Materials And Methods:** One hundred and seventy-five kidney transplant recipients (71% men;  $31.6 \pm 9.4$  years) were studied immediately before and on the 180th day post-transplantation. At each visit, blood samples were taken to assess circulating levels of sTWEAK and ADMA. Brachial artery endothelium-dependent vasodilatation (FMD) assessments were also performed.

**Results:** Renal transplantation was followed by an improvement in FMD. This improvement was paralleled by an increase in sTWEAK and a reduction in ADMA after transplantation ( $P < 0.001$  for all). Cross-sectionally, both molecules associated with FMD before as well as after transplantation ( $P < 0.001$  for all). Longitudinally, the changes observed in sTWEAK ( $\beta = 0.26$ ,  $P < 0.001$ ) and ADMA ( $\beta = -0.44$ ,  $P < 0.001$ ) levels were independently associated with the improvement of FMD ( $r(2) = 0.30$ ).

**Conclusions:** Renal transplantation is followed by an improvement of FMD that is independently associated with the normalization of both sTWEAK and ADMA concentrations. We identify two surrogate biomarkers of endothelial function with potential as therapeutic targets.

## Yayınlar

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*Editors: Ahmet Turan Işık M.D, M. Refik Mas M.D, M. Akif Karan M.D, George T. Grossberg M.D.*

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*Mahmut Yazıcı M.D and Mehmet Refik Mas M.D.*

*ISBN:978-62808-972-1. 2013 Nova Science Publishers, Inc.*

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