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“There is definitely an ease next to the difficulty”

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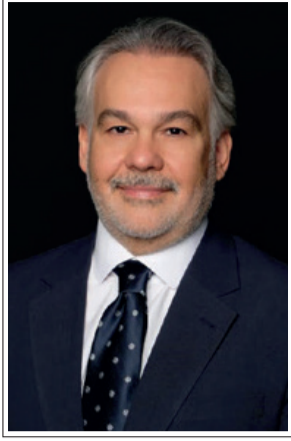
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Arif Aras

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Concessionaire
Âli Kerem ALPTEMOÇIN
Preparation :
Erkurt Holding Communication Leadership



Âli Kerem Alptemoçin
Erkurt Holding President & CEO

Dear Members of the Erkurt Family,

Optimization 360 meetings will start at the end of this month as an important new initiative that we mentioned at our year-end event, detailed and introduced at the awareness meeting. Within the scope of these meetings, we will examine the selected product families as end-to-end as possible and conduct detailed analysis. The first projects may be a bit groping, but they will accelerate as the process progresses and will make significant contributions to our company's EBITDA targets.



ebitda

In fact, this month, I will try to explain why I have been insisting on EBITDA contribution for years and why it is vital for us, for companies. EBITDA stands for Earnings Before Interest, Taxes, Depreciation and Amortization in English.

In Turkish, it stands for "Faiz, Amortisman ve Vergi Öncesi Kâr", so "FAVÖK". EBITDA represents a company's profit from its core operations. This metric mirrors our operational efficiency and allows us to evaluate our financial performance more effectively. EBITDA is important for banks, audit firms, customers and shareholders because it shows a company's ability to generate cash from its operations.

Profit, in very simple terms, is the amount of money left over after costs are subtracted from sales. It must remain so that the company can invest and make breakthroughs. We have money in our pockets and we went and bought 100 kg of cheese from the dairy for 100 cents. We took it to the market and sold it for

120 cents. 20 cents profit. Isn't that simple? However, if we don't carry the cheese to the market on our backs, but take it to the market in a vehicle, this is an expense that has to be deducted from the profit. We waited for 8 hours to sell at the market and during that time we ate and drank water. These are also expenses that have to be deducted from the profit. So there are other indirect costs that affect profitability. These must be well calculated and well planned, otherwise the math at home will not fit the market.

What I am describing on this small scale is that as companies grow and businesses diversify, this essentially very simple subtraction process becomes increasingly complex. The calculations take into account not only revenues and expenses, but also many additional factors such as taxes, accounting expenses, financing costs and the effects of inflation. We say that the difference between revenues and expenses constitutes profit, but there are different types of profit, such as gross profit, net profit, operating profit, and then there is EBITDA profit. In fact, companies can have a net loss in a certain period, but in the same period they can have an operating profit. Similarly, they can have a net profit, but at the same time they can have an operating loss. It is therefore important to distinguish between different types of profitability, such as gross profit, net profit and operating profit. In order to contribute to our financial literacy, our Financial Affairs Leadership will start a series of articles on financial and fiscal concepts reinforced with examples in Parola Erkurt starting with our next issue.

In my opinion, the most important indicator for companies is EBITDA profitability. EBITDA is calculated by adding depreciation expenses to a company's operating profit. Since we look at EBITDA to see the cash generating power of a company as a result of its operations, depreciation, which is actually deducted as an expense when calculating operating profit but does not require cash outflow, is added to operating profit.

Declining in net profit or negative net profit can be caused by seasonal effects and can be improved with various measures. However, a loss from operating

activities and the company's inability to generate cash is a situation that needs to be examined in depth and urgent remedial measures should be taken.

In 2024, unfortunately, we closed the year with negative gross, net and operating profits in all profit forms. This is mainly due to the impact of lower production and macroeconomic conditions, but it also shows that there is room for improvement in our operations. That is why we have prepared an optimization-focused budget for 2025 and we have to fit into it. The Optimization 360 program will guide us in achieving these goals. That's why we must embrace this work with all hands.



It will be difficult for sure. 2025 will be difficult. We have to be ready for the challenges that are

outside our power. We have to manage very well the things that are within our power. There will be moments of frustration. There may be times when things don't go the way we want them to, or even develop in ways we didn't expect. Then we will remember Surah Inshirah and move on with patience. "So, there is definitely ease beside hardship. There is definitely an ease beside the difficulty.

So when you finish one important task, immediately take up another important task. And direct your desires only to your God."

I have no doubt that we will achieve this and write a very beautiful story with our teams who have supported every issue and every project wholeheartedly until today.

Together and Forever

CHAIRMAN OF THE BOARD OF DIRECTORS, FAMILY AND SOCIAL SERVICES PROVINCIAL DIRECTORATE VISIT

Mr. Âli Kerem ALPTEMOÇİN, Chairman of the Board of Directors of Erkurt Holding and Chairman of the Board of Trustees of Alptemoçin - Bekler Education and Industrial Development Foundation, and Mr. Faruk UYSAL, Provincial Director of Family and Social Services, held a meeting within the scope of the projects carried out to contribute to the future of our children.

In addition to the evaluation of existing projects, ideas were exchanged about new projects planned to be implemented in the future. Provincial Director Mr. Faruk Uysal thanked Mr. Âli Kerem ALPTEMOÇİN for his valuable support for the education and social development of our children.

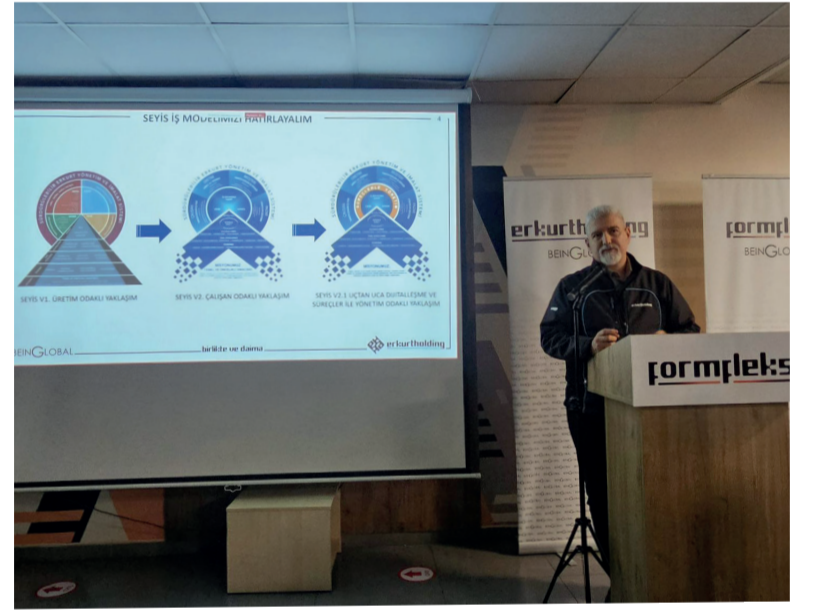
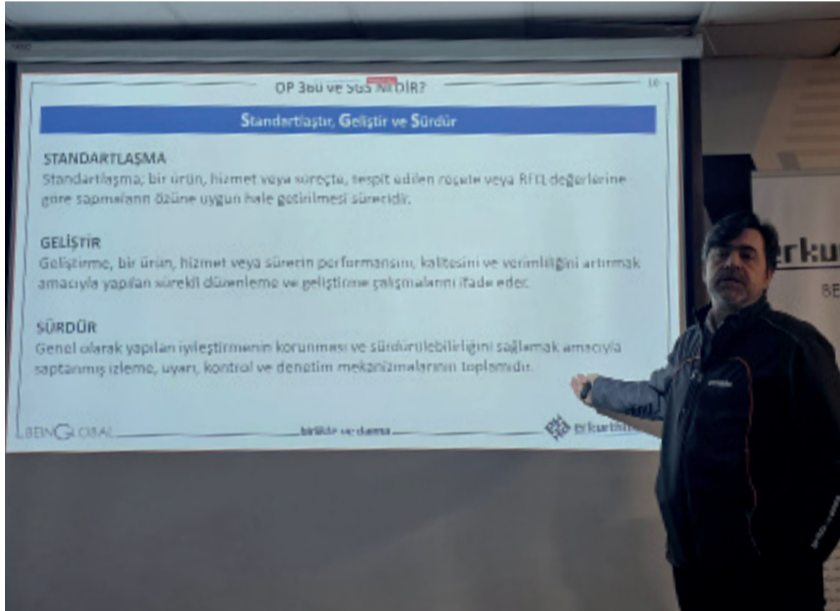
On behalf of the Provincial Directorate of Family and Social Services, he expressed his belief that this cooperation will be further strengthened with projects that will positively touch the lives of our children and enable them to look to the future with hope.



WE HELD OUR 13TH AWARENESS MEETING

On January 21, 2025, our 13th Awareness Meeting was held at our Formfleks OSB factory. In the meeting, which was held interactively with the presentations of our Chairman of the Board of Directors Âli Kerem Alptemoçin, Formfleks Company Leader Mert Bekler and Sustainable Erkurt Holding Management and Manufacturing Systems Leader Ceyhan Aydın, important developments for the future of our company were shared.

During the meeting, the innovations to be made in the SEYİS V3 system in the coming period and the Optimization 360 (Op360) system were shared with all our employees.



STELLANTIS NSA AUDIT WAS CARRIED OUT AT OUR FORMFLEKS ROMANIA FACTORY

On January 27-28, Stellantis NSA audit was conducted at our Romania Formfleks SA factory.

As a result of the audit, our factory showed a successful performance with a score of 74 out of 100. This success reflects the strong management and professionalism of Formfleks SA processes. The audit results also provide important clues for improvements to be planned.



FELT 101 TRAININGS STARTED

'Felt 101' Training started on 27 January at Formfleks DOSAB Erkurt factory, FilG and Membrane Line.

The training is given by Formfleks R&D Team Member Sena Arslan and continues according to the determined programme.



WE PAID A CUSTOMER VISIT TO ARÇELİK

On 28.01.2025, Formfleks Quality Operation Leader (Membrane - Textile) Hatike Filiz, Quality Team Members Hatice Mutlu, Emre Şahin and Laboratory Team Member Emin Şençelik paid a customer visit to Arçelik.

During the visit, improvement works and testing processes on existing projects were discussed. These processes have been an important step in maximizing customer satisfaction while improving product quality.



ENVIRONMENTAL DRILL HELD

On January 30, 2025, under the leadership of Environmental Coordinator Emine Tefon, an environmental drill was successfully completed with the participation of all employees in two shifts at Formfleks Cemre Branch.

The drill was conducted to raise awareness on environmental safety measures and emergency procedures.



HOPES OF TOMORROW PROJECT

The "Hopes of Tomorrow" project, which aims to help children and young people gain awareness about professions, develop their imagination and express themselves, was successfully completed.

In this meaningful 10-week project, 21 mentors and 21 mentees came together with students from the Family and Social Services Center (ASHM) and had an unforgettable experience.

Exploring Professions and Planning the Future

Within the scope of the project, our students were inspired by valuable mentors. In the activities organized every week, our students had the opportunity to get to know different professional groups more closely. Mentors, who are experts in their fields, guided young people by sharing their career journeys. In this process, mentees not only learned about professions, but also had the chance to shape their future goals more consciously by asking the right questions. In addition to trainings and presentations, fairy tale writing workshops were organized to nurture our students' imagination and language-communication skills. While stimulating our students' imagination, the writing activities increased their thinking and language skills, as well as their productivity. These activities made learning a fun experience and reinforced the participants' communication skills during their orientation process.

Solidarity and Cooperation

This meaningful 10-week project created a strong bond between our students and mentors. Thanks to the mentors' guidance, the mentees not only learned about professions, but also experienced the importance of believing in themselves and teamwork. The program contributed to the personal and social development of young people, providing them with valuable lifelong learning outcomes. As our Foundation, we would like to thank all our mentors, organization team and participants who contributed to the realization of this project. We are delighted that "Hopes of Tomorrow" not only contributed to the career planning of our students, but also to social solidarity.

We will continue to touch life and build a hopeful tomorrow together with our students.

We sincerely congratulate all our students who participated in the project and our mentors who supported them!



FRONTEND AND WEB DEVELOPMENT TRAININGS

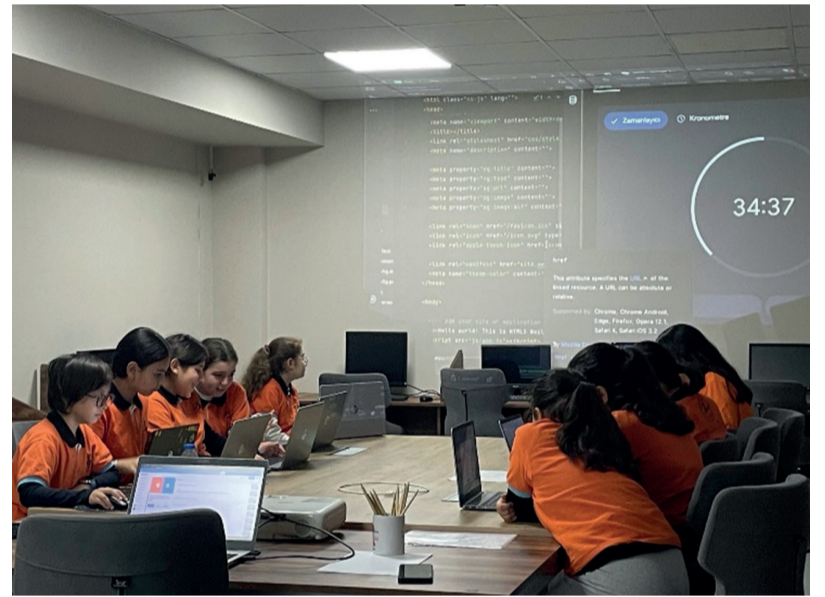
The Frontend and Web Development Courses organized by our Foundation within the scope of technology and innovation trainings were successfully completed with the intense interest and effort of our participants. At the end of the program, participants received digital certificates confirming their skills. Web developers of the future have been raising

Throughout the program, participants had the opportunity to learn basic technologies such as HTML, CSS and JavaScript, as well as modern web development tools and methodologies. The trainings offered students the opportunity to experience real-world business processes by supporting theoretical knowledge with practical projects.

The trainings focused on topics such as website design, user interface development and performance optimization, while providing a guide for those who want to learn frontend development skills. During the training, participants worked on both individual and group projects to improve their collaboration and problem-solving skills.

Upon successful completion of the program, all participants received certificates of participation certifying their knowledge and competencies. These certificates were an important start to support young people's career goals and take them one step ahead in the technology world of the future.

We would like to thank our trainers who contributed to our training program, all our team members who provided support and our participants who were eager to learn. Our Foundation will continue to support young people to grow as well-equipped individuals in the field of technology.



DIGITAL FUTURE OF FEMALE STUDENTS PROGRAM COMPLETED

Digital Future of Female Students 6-week online Scratch training organized by our Foundation was successfully completed.

Throughout the program, participants transformed their creativity into digital projects while learning the basics of coding.

At the end of the training, all participants were crowned with digital participation certificates. This training program, which aims to increase the interest of female students in the world of technology and raise them as the digital leaders of the future, was met with great excitement and interest.

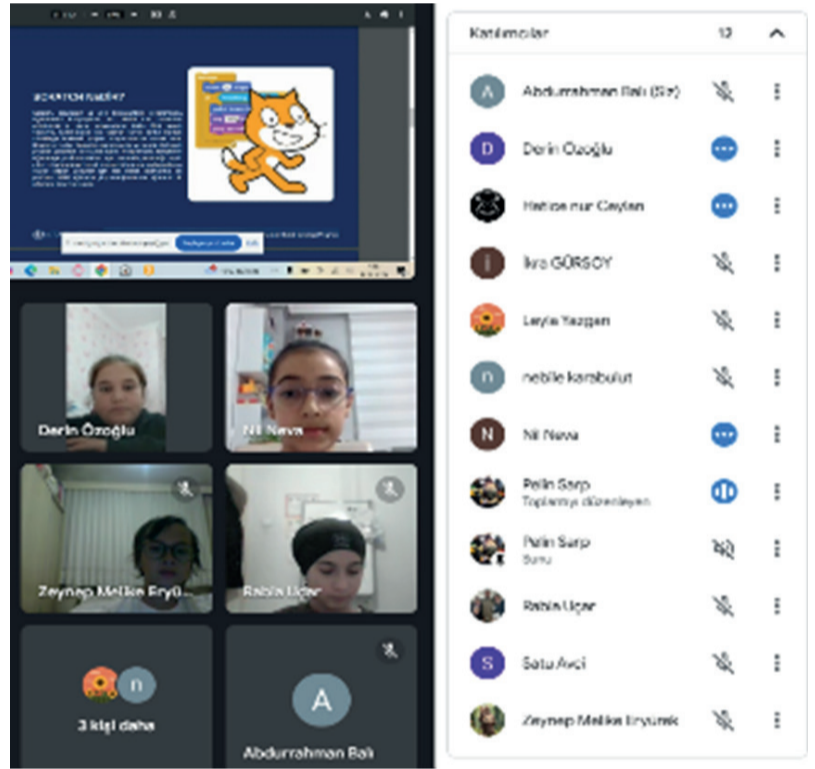
We congratulate all our participating students and wish them success in their future projects!

Kız Öğrencilerin Dijital Geleceği

İlkokul ve ortaokul seviyesindeki **20 kız öğrenciye** yönelik **6 haftalık** bir online kodlama eğitim programıdır. Öğrencilerin dijital becerilerini geliştirmeyi hedefler. Program, katılımcılara eleştirel düşünme, problem çözme ve işbirliği becerileri kazandırmayı amaçlar.



ALPTEMOCIN - BEKLER
EĞİTİM ve ENDÜSTRİYEL GELİŞİM VAKFI



The screenshot shows a Zoom meeting interface. The main window displays a Scratch coding tutorial with a cat character. The bottom of the screen shows a grid of video feeds for participants: Derin Özoglu, Nil Neva, Zeynep Melike Eryürek, and Rabia Uçer. A list of participants is visible on the right side of the screen, including Abdurrahman Balı (Siz), Derin Özoglu, Hatice nur Çayhan, İsmail GÖRSÖY, Leyla Yağcı, Nebile Karabulut, Nil Neva, Pelin Sarp (Tutkunu öğreniyen), Pelin Sarp (Sana), Rabia Uçer, Seda Arıcı, and Zeynep Melike Eryürek.



Çağla Altun
Management Systems Coordinator

SUSTAIN- ABILITY...

CARBON CO² FOOTPRINT

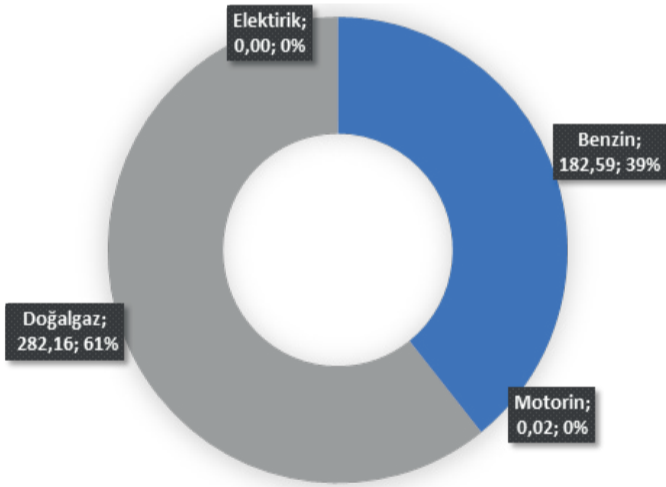
FORMFLEKS CARBON FOOTPRINT 2024

Carbon footprint is the carbon dioxide equivalent of greenhouse gas emissions, which refers to the damage humans cause to the environment through their emission activities. It is measured in units of carbon dioxide (CO₂). In order to combat the climate crisis, the carbon footprint needs to be minimized.

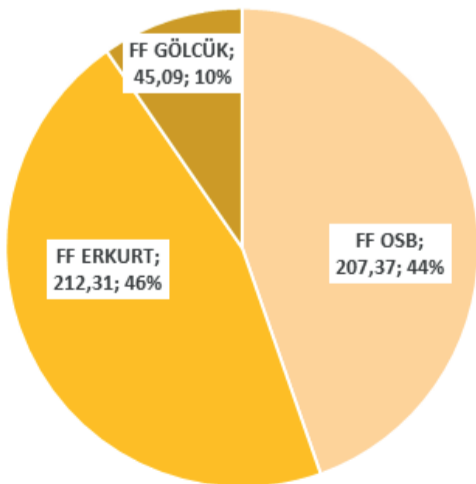
Primary (Direct) Carbon Footprint: It arises from the combustion of fossil fuels used for the activities of individuals or organizations. For example, emissions from heating and transportation activities.

Secondary (Indirect) Carbon Footprint: Refers to emissions that occur throughout the entire life cycle of the products used. For example, emissions that occur in the manufacturing or supply chain of the consumed product.

Formfleks OSB Branch, Formfleks Erkurt Branch and Formfleks Gölcük Branch
Our realized carbon footprint for 2024 is 24,797.48 tCO₂ in Scope 1, Scope 2 and Scope 3. Detailed analysis is as follows;



Natural gas ranks first in terms of high carbon footprint with 282.16 tCO₂ with 61%. The second highest consumption is gasoline with 182.59 tCO₂ with 39%.



Looking at the Scope 1 carbon footprint analysis, Formfleks Erkurt Branch ranks first with 212.31 tCO₂ with 46%. In second place is Formfleks OSB Branch with 207.44 tCO₂ with 44%.



This Redemption Statement has been produced for

FORMFLEKS GÖLCÜK 1039 ŞUBE

by

SEPAS AKILLI COZUMLER A.S.

confirming the Redemption of

2 568.000000

I-REC Certificates, representing 2 568.000000 MWh of
electricity generated from renewable sources

This Statement relates to electricity consumption located at or in

DENİZ EVLER MAHALLESİ SAHİL CADDESİ NO:108 GÖLCÜK/KOCAELİ
Turkey

in respect of the reporting period

2025-01-01 to 2025-12-31

The stated Redemption Purpose is

Scope 2 Reporting

sepaş AKILLI
ÇÖZÜMLER

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FORMFLEKS GÖLCÜK 1045 ŞUBE

by

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confirming the Redemption of

5 241.000000

I-REC Certificates, representing 5 241.000000 MWh of
electricity generated from renewable sources

This Statement relates to electricity consumption located at or in

DENİZ EVLER MAHALLESİ SAHİL CADDESİ NO:106 GÖLCÜK/KOCAELİ
Turkey

in respect of the reporting period

2025-01-01 to 2025-12-31

The stated Redemption Purpose is

Scope 2 Reporting

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ÇÖZÜMLER

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This Redemption Statement has been produced for

FORMFLEKS ERKURT ŞUBE

by

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confirming the Redemption of

2 820.000000

I-REC Certificates, representing 2 820.000000 MWh of
electricity generated from renewable sources

This Statement relates to electricity consumption located at or in

DOSAB DUMLUPINAR MAH. ALİ OSMAN SÖNMEZ CAD. NO: 8 OSMANGAZİ/BURSA
Turkey

in respect of the reporting period

2025-01-01 to 2025-12-31

The stated Redemption Purpose is

Scope 2 Reporting

sepaş AKILLI
ÇÖZÜMLER

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This Redemption Statement has been produced for

FORMFLEKS MERKEZ ŞUBE

by

SEPAS AKILLI COZUMLER A.S.

confirming the Redemption of

6 741.000000

I-REC Certificates, representing 6 741.000000 MWh of
electricity generated from renewable sources

This Statement relates to electricity consumption located at or in

MİNARELİ ÇAVUŞ BOSB MAVİ CAD. NO:43 NİLÜFER/BURSA
Turkey

in respect of the reporting period

2025-01-01 to 2025-12-31

The stated Redemption Purpose is

Scope 2 Reporting

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ÇÖZÜMLER

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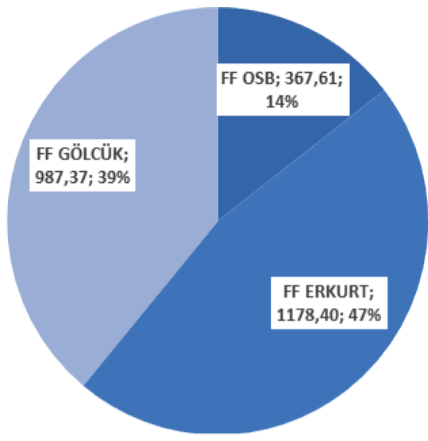
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Looking at the Scope 3 carbon footprint analysis, Formflex Erkurt Branch ranks first with 1178.4 tCO2 with 47%. Formflex Gölcük Branch ranks second with 39% and 987.37 tCO2.

You can liken your carbon footprint to the footprints you leave on wet concrete. These footprints remain intact in the concrete for a long time. Your carbon footprint is like a permanent stamp of your actions on the planet. Even if you don't realize it, every choice you make leaves such a mark on our earth and atmosphere.

FORMFLEX SUSTAINABILITY NEWS

By recycling 27,110 kg of waste in Formflex OSB Branch, Formflex Erkurt Branch and Formflex Gölcük Branch in January 2025,



4,090.47 tCO2 greenhouse gas savings were achieved.



94,751 kWh energy savings were achieved.



392.87 Trees saved.

CURRENT NEWS FROM AROUND THE WORLD

Turkey's Critical Minerals List Published

At a time when fossil fuel use is being phased out - or at least reduced - we see countries preparing themselves for a new reality: critical minerals.

There are many preparations that countries are making for critical minerals, but one of the most relevant ones for us is the critical mineral lists. Many countries already have lists that classify the minerals they consider critical. The Turkish Ministry of Energy and Natural Resources has prepared a report listing critical and strategic minerals for our country.

Of course, due to its scope, the report does not only approach critical minerals in terms of sustainability or renewable energy; some minerals of strategic importance for the defense industry are also on the list. To elaborate, the report follows the methodology used by leading countries such as the EU, the US, Japan and Australia to calculate the criticality scores of 37 minerals that are deemed critical for Turkey, and classifies these minerals as 'highly important', 'important' and 'potentially critical minerals'.

Critical Mines of High Importance: 16 points or more (lithium, silver, titanium, iron, manganese, zinc, copper, aluminum).

Important Critical Metals: Minerals with 10-16 points (nickel, rare earths, coal, palladium, cobalt, bismuth, arsenic, molybdenum, gallium, lead, cadmium, indium, germanium, niobium, tin, mercury, antimony, barite and

graphite).

Potential Critical Mines: Minerals with less than 10 points (beryllium, fluorite, chromium, boron, platinum, magnesite, feldspar, kaolin, trona and bentonite).

EUROPEAN GREEN CONSENSUS

EU Releases Four New Secondary Legislations for Net Zero Industry Law The European Union has accelerated its work on the Net Zero Industry Act (NZIA), one of the most important components of the Green Deal. While some of the regulations that make up the Green Deal cover issues related to corporate sustainability, we can say that the NZIA and its secondary legislation represent the technology-related aspect of the Green Deal. The law includes measures to ensure that technologies such as solar panels, batteries and heat pumps, which are critical for the continent's 2050 net-zero target, are produced in EU countries. Accordingly, R&D studies for these technologies will be supported, bureaucracy will be reduced, permitting processes will be simplified, products will be supported through green public procurement... In other words, it is possible to say that the NZIA is actually a set of regulations consisting of many sub-regulations.

EU's Growth in Solar and Wind Energy Reduces Fossil Fuel Use at Record Levels

The electricity transition in the European Union (EU) has gained extraordinary momentum in recent years, reducing fossil fuel use to a 40-year low. At the center of this transformation is the rapid growth in solar and wind energy.

According to Ember data, solar power was the fastest growing source of electricity across the EU in 2024. Capacity growth was record-breaking, and generation rose 22% compared to 2023, accounting for 11% of total electricity generation (304 TWh). Solar's share thus surpassed that of coal (269 TWh, 10%). Coal, which was the EU's third largest source of electricity in 2019, only ranked sixth in 2024.

These gains take the EU electricity sector from 34% renewable share in 2019 to 47% by the end of 2024. The share of fossil fuels fell from 39% to 29%, a 40-year low. Solar power is the fastest growing energy source in the EU in 2024, with wind the second largest source.



FORKLIFT USE WORK SAFETY: RISKS, RULES AND PRECAUTIONS



Working with forklifts, one of the most frequently used vehicles in many industrial facilities in our country, requires operatorship and experience. In order to use this vehicle, it is necessary to receive a certain technical training, as well as training on occupational safety according to the working conditions.

Using a forklift may seem easy at first glance, but it is understood from the statistics kept in work accidents that there are various risks. It requires mastery to ensure balance in forklifts that are heavier than an average automobile, to use appropriate techniques while carrying loads, to create the point of gravity and to use them on slopes.

Failure to pay attention to these can be a sufficient reason for work-related accidents.

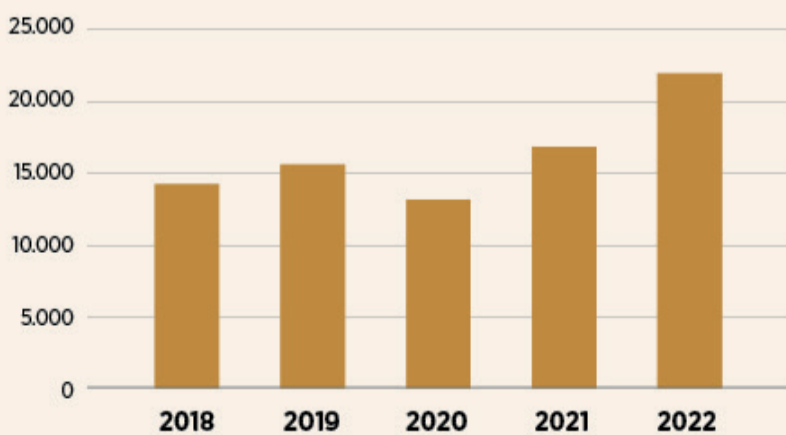
ACCIDENTS THAT MAY OCCUR DURING FORKLIFT OPERATIONS AND THEIR CAUSES

To prevent forklift truck accidents, you must ensure that rules are set and followed. It is important for businesses to be aware of the risks that arise when using forklifts and to reflect these risks to workers so that they can apply them in the workplace.

Approximately 12 thousand forklifts are sold every year in our country and according to occupational safety data, forklift accidents account for nearly a quarter of all transport accidents that occur in workplaces.

Aşağıda bulunan iş kazası istatistikleri sadece forklift kazaları başlığında kazalar bulunmadığından SGK'nın yayınlamış olduğu 2022 yılı iş kazası istatistikleri "Taşımacılık için depolama ve destekleyici faaliyetler" başlığından alınmıştır.

İş Kazası Sayıları



Translated with DeepL.com (free version) Forklifts cause many dangers as well as the benefits they provide. As a result of these dangers, there is a risk of many accidents.

Known risks from forklift trucks:

- Overloading
- Risky and irregular stacking
- High speed driving
- Driving with forks in the air
- Use by unauthorised persons
- Untrained forklift operators
- Human transport
- Working in the same environment with pedestrians
- Areas outside the field of view
- Uneven ground
- Defective forklift trucks
- Travelling people in the loading area
- Do not get closer than 1.5 metres to the truck

Due to the work we do in our businesses, our machinery, raw materials and semi-finished product park covers a wide area. Unfortunately, this causes us to experience forklift-employee encounters more frequently and work accidents and near misses related to all these risks. Therefore, it is important that forklift operators as well as other employees pay attention to some rules.

We can list the rules that our pedestrians must follow below:

- Firstly, pedestrians should walk on the roads reserved for pedestrians.
- Materials, pallets, etc. should not be left on the movement routes of the forklift or other transport vehicles, especially those that may be hit by the transport vehicle, and the road should not be narrowed.
- Our priority in our work area should be 5S and everything should be kept in the area we have defined.
- In situations where we need to move such as turning corners, door exits, crossing the road, we must check our surroundings thoroughly, and if there is no forklift or carrier vehicle, we must continue on our way.

- If we encounter a forklift truck on the move, we should always give priority to the forklift truck and never pass in front of or behind it because we are in a hurry. Only if we can make contact with the forklift operator visually or by talking and if we have received approval, we must pass. We

should never forget the rule of not getting closer than 1.5 metres to the forklift.

- We must not work at height with forklift and pallet truck blades, we must not try to convince the operators of this.

- We should never pass under or around the forklift and pallet truck blades when the load is in the air.

- We should pay attention to the audible and light warnings of forklift operators.

DO NOT FORGET THAT OUR MISSION AS SEYİS OCCUPATIONAL SAFETY TEAM IS TO MAKE YOU FEEL SAFE.

Kaynak:

<https://www.sgk.gov.tr/>

<https://acikbilim.yok.gov.tr/>

<https://www.csgb.gov.tr/>

We can list the 10 golden rules that forklift operators must follow as follows:

- The forklift must be used by authorised personnel who have received an operator certificate and training. During use, the operator must wear a seat belt and work shoes, loose clothing must not be used. The forklift must not be used with wet hands and shoes.

- Forklift and pedestrian routes must be defined and separated from each other, and health and safety signs must be present in the area.

- A checklist must be created and checks must be carried out before using the forklift.

- The forklift should not be used without sitting on the operator's seat, and no limb of the operator should be taken out of the cabin.

- Sudden manoeuvres should be avoided, sudden stops and take-offs should not be made.

- Forklift capacity must not be exceeded and no load must be lifted more than its capacity.

- No one must be carried or lifted on the forks of the truck. Other persons must not ride on the sides of the truck.

- The forklift truck must never be used without an operator guard and load railing.

- Unsafe and unbalanced loads must not be lifted or carried, and loading must be done by balancing the centre of gravity of the load to be carried. Fork spacing should be balanced and spaced according to the centre of gravity of the load and a pallet of suitable size should be used.

- Forks should be spaced as wide as possible under the load, the load should be distributed equally to both forks and should not be transported using a single fork.

During Loading-Unloading:

- Do not walk around, in front of or behind the loading-unloading vehicle; never pass through this area.

- Especially our driver friends should not be near their vehicles at this time, and in cases where they need to intervene, they should intervene by confirming with the forklift operator.





Mustafa Numan Ural
İşyeri Hekimi

WORLD CANCER DAY 'UNITE, JOIN THE STRUGGLE'



World Cancer Day was organised for the first time in 2005 by the International Cancer Control Organisation (UICC) and was initiated in the same year in our country by the Turkish Cancer Research and Warfare Society Association and has become one of the biggest campaigns on cancer in the world and in our country.

4 February World Cancer Day aims to prevent millions of preventable deaths every year by increasing awareness and education about cancer and by forcing governments and individuals around the world to take action against the disease. World Cancer Day is a campaign that aims to resonate, instil change and mobilise action that will not be limited to the day of awareness, but will continue in the following days. The internationally determined World Cancer Day 2025-2027 theme is 'Uniquely United'. This theme puts people at the centre of the fight against cancer and aims to symbolise how each individual can form a strong whole in this fight with their differences. Individuals have unique needs, perspectives and stories. Only by uniting across these differences can we reduce the global burden of cancer and ensure equal access to quality healthcare.

Cancer is the second leading cause of death both in the world and in our country. It is observed that approximately one out of every 6 deaths in the world and in our country is caused by cancer. Approximately 19.9 million people in the world are diagnosed with cancer every year and 9.7 million people die due to cancer. If the similar trend continues, 30 million new cases are expected to emerge in 2040. The most common types of cancer are lung, breast, colorectal, prostate and stomach. These cancer types are also in the first place in our country. Lung cancer ranks first in cancer-related deaths in our country. Cancer is mainly caused by five behavioural and nutritional risk factors such as tobacco use, high body mass index (being overweight or obese/obese), diet poor in fruits and vegetables, insufficient physical activity and alcohol consumption. Today, it is known that approximately one third

of cancers are preventable through avoidance of risk factors and implementation of current evidence-based prevention strategies. It should also be remembered that many cancers are highly curable if diagnosed early and treated appropriately.

Tobacco and alcohol both cause cancer

On 4 February, World Cancer Day, the World Health Organization focuses on the need to minimise exposure to both alcohol and tobacco. While many people understand the risks of developing cancer associated with smoking, many do not realise that alcohol also causes cancer. Since about 40 per cent of cancers are preventable, there is a need to increase public awareness of modifiable risk factors such as tobacco and alcohol.

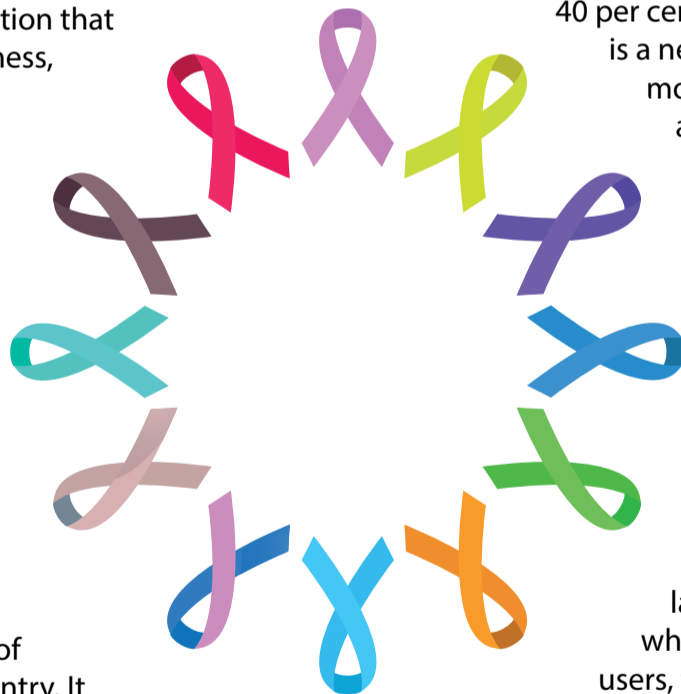
Tobacco, alcohol and cancer:

Tobacco use accounts for 25% of all cancer deaths globally and is the primary cause of lung cancer. In men, tobacco use is associated with 92% of trachea, bronchus and lung cancers; in women, this association rate is 62%.

People who use both alcohol and tobacco are 5 times more likely to develop cancers of the oral cavity, larynx and oesophagus than people who only use alcohol or tobacco. For heavy users, the risk is up to 30 times higher.

Smokers are 22 times more likely to develop lung cancer in their lifetime compared to non-smokers. However, people who do not use tobacco but are exposed to secondhand smoke at home, at work or in other public places also have an increased risk of developing lung diseases, including chronic respiratory diseases and lung cancer.

There is no safe level of alcohol consumption, regardless of the type, quality or price of the beverage, because the primary compound that can cause cancer is alcohol itself. According to research, almost 11% of all alcohol-related cancer cases were caused by drinking no more than 1 large bottle of beer (500 ml), 2 glasses of wine (200 ml) or 60 ml of spirits per day. Cancer risks start from the first gram of alcohol consumed and increase with the amount people drink.



Internationally respected organisations such as the International Organisation for Cancer Control and the World Health Organisation, which work extensively in the field of cancer prevention, urge people to avoid the following risk factors

- Tobacco use, including smoking and smokeless tobacco products
- Being overweight or obese
- Unhealthy diet including low fruit and vegetable intake
- Lack of physical activity
- Alcohol use
- Sexually transmitted Human Papilloma Virus (HPV) infection
- Exposure to hepatitis or other carcinogenic infections
- Exposure to ionising and ultraviolet radiation
- Urban air pollution
- Indoor smoke from the use of solid fuels

Each type of cancer has its own aetiology, risk factors, diagnosis and treatment methods. Therefore, early diagnosis and screening strategies also vary according to cancer types. While screening is recommended for some cancer types, it is not recommended for others. The World Health Organization recommends community-based screening programmes for early detection of breast, cervical and colon cancers and states that these activities should be part of a holistic cancer control programme. In our country, in line with WHO recommendations, screening programmes for breast, colon and cervical cancers are carried out in accordance with the resources and disease burden of the society within the scope of the National Cancer Control Programme, which includes registration, prevention, screening and treatment activities together since 2008.

In the National Cancer Screening Programme carried out in our country,

Breast cancer screening: Women aged 40-69 undergo clinical breast examinations once a year and mammograms every 2 years.

Cervical cancer screening: HPV-DNA test is performed every 5 years in women aged 30-65 years.

Large bowel cancer screening: Fecal Occult Blood Test (FEC) is performed every 2 years for women and men aged 50-70 years, and colonoscopy is recommended every 10 years.

People who are found positive or suspicious after screening are referred to secondary and tertiary healthcare institutions designated as Diagnostic Centres and further investigations are carried out. Diagnosis and treatment services are provided by secondary and tertiary healthcare institutions.

In our country, cancer awareness activities are carried out in 81 provinces to increase screening and to inform our citizens about health literacy. You can have your cancer screenings free of charge at Cancer Early Diagnosis, Screening and Training Centres (KETEM), District Health Directorates, Community

Health Centres (TSM), Healthy Life Centres (SHM) and Family Health Centres (ASM).

Source

<https://www.who.int/>

<https://hsgm.saglik.gov.tr/>

ARIF ARAS

aRamlzdaki
Sen



I am Arif Aras, Formfleks Cemre Branch Logistics I am working as an Operation Team Member. In 2016, I started my military service as a second lieutenant I started at the Eđirdir Mountain Commando School not only the land, but also the underwater world. I had the opportunity to explore. uring my assignment in Eđirdir, I was assigned to the diving team and became a member of TSSF.

Antalya Kas Tunnel and Canyon, Ayvalık Yelken Island, Melina Island by diving underwater creatures directly I had the opportunity to observe. Every dive, you tell me how rich and unexplored nature is that diving is not just a sport. Diving is not just a sport, is also a voyage of discovery. Underwater silence is very different from surface noise. This one the experiences have made my fascination with the natural world and it gave me a sense of courage and adventure what it's all about.

If you're interested in diving, there's only one thing I have a suggestion: Dare to dare and see the underwater world take your first step towards discovery.

Thank you.



together & forever

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