



Prof. Dr. Yelda Özsunar

A Creative Mind in Neuroradiology and Art

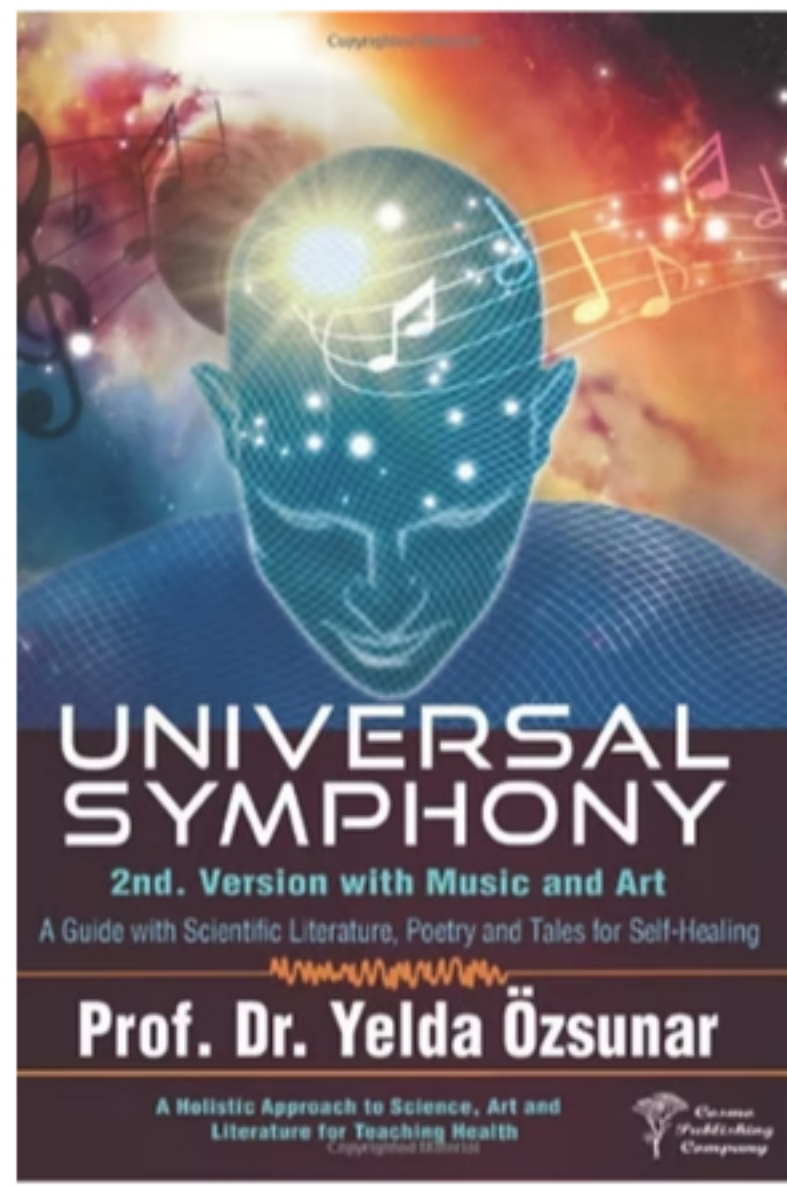
Prof. Dr. Yelda Özsunar is the head of Neuroradiology dept ve former Dean and a renowned researcher. Beyond her scientific publications and medical textbooks, she explores her creative side by writing popular medical works enriched with her own poetry and stories—narrated by herself and accompanied by music.

With her unique ability to bridge the worlds of medicine and art, she provides fresh insights into the complexities of the human brain while inspiring others through both science and creativity.

INTERVIEW

How does your work in neurological medicine influence your creative endeavors, especially writing and music?

As a neuroradiologist, I have always been fascinated by the mysteries and beauty of the human brain. The brain's interaction with music and the way Magnetic Resonance Imaging uses radio waves to make the invisible visible and the intangible tangible deeply inspire me. This process opens doors of curiosity, leading us to explore the unknown. My focus often shifts to the universal symphony of nature, mathematics, and electromagnetic waves, as described in my book. Through this perspective, our hearts and minds become instruments resonating with these vibrations, like a musical instrument joining a grand orchestra.



Prof-Dr-Yelda-Ozsunar-Spotify



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Your book *Universal Symphony* combines science and music. When and how did you come up with the idea of combining these two worlds?

Science and music are inherently interconnected, forming a holistic complex that humans have artificially separated to specialize in them. A curious child perceives these two concepts as one, while adults shaped by formal education often see them as distinct. Viewing the world through a child's eyes makes life far more fascinating. Additionally, music facilitates learning and memory. For many years, I've always listened to music while studying or working. This makes learning enjoyable, helps retain information more effectively, and fosters creativity.

What does art mean to you personally?

To me, art is a collection of beauties, focusing on the joy derived from life's aesthetics. When we dedicate time to ourselves, life becomes happiness and health. As a woman, I believe our purpose on Earth is to enhance the beauty of the world. In this sense, art is an invaluable tool to achieve this goal.

How do you use art to convey scientific topics?

When people enjoy themselves, they learn more easily. The doors to memory, or the subconscious, open through emotion, and memories are retained more strongly with happiness and feeling. Think about it—the moments we remember most vividly are the ones that moved us the most. Art evokes emotions, and emotions, in turn, enhance memory and thought.



How does your work as Dean of the Faculty of Nursing compare to your scientific and creative projects?

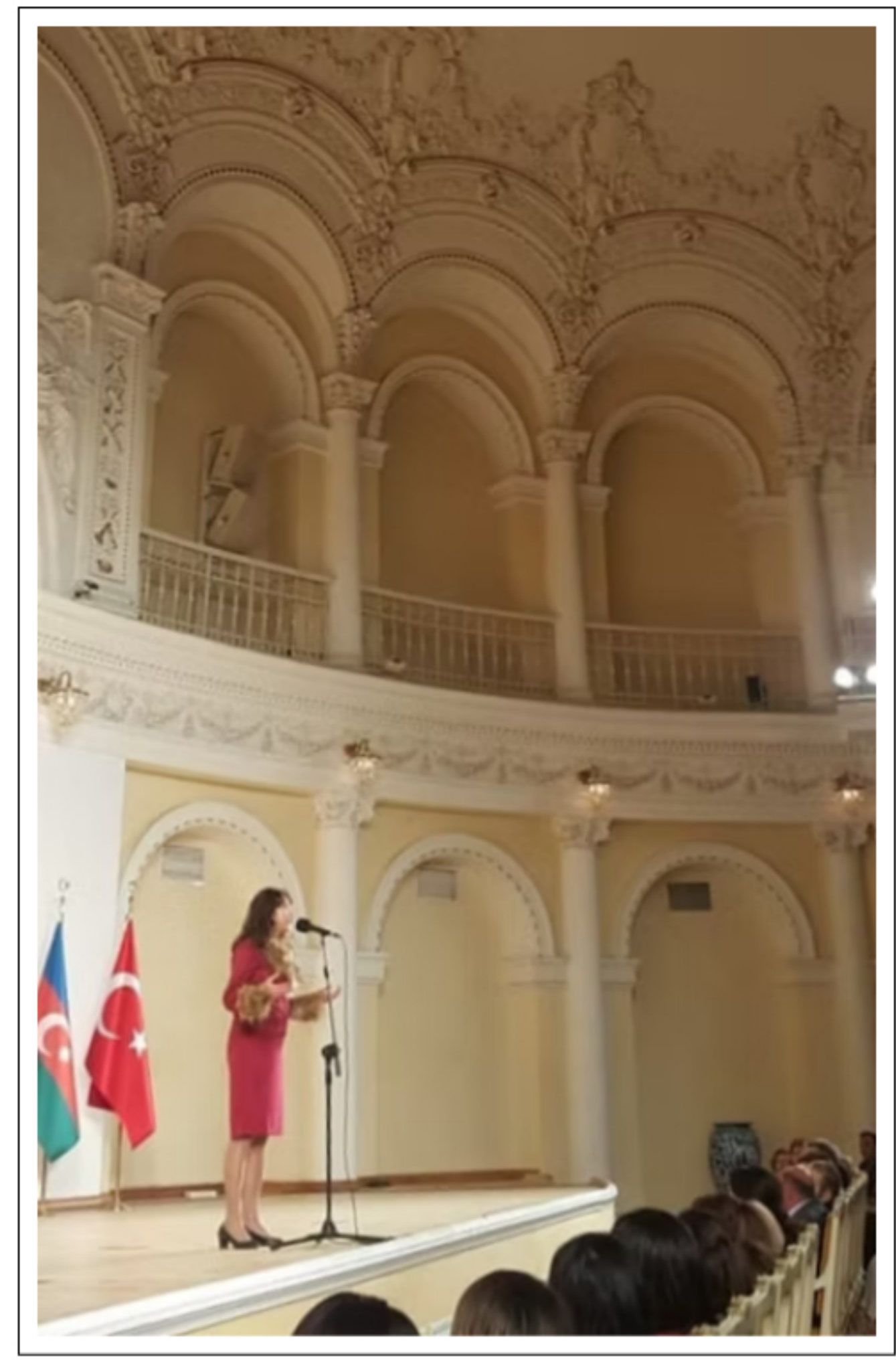
As Dean of the Faculty of Nursing, my goal was to create a creative and emotionally rich atmosphere focused on love for humanity and the protection of human health. In such an environment, creativity and curiosity for science thrive, transforming into productivity. I aimed to demonstrate this approach to nursing students and staff, fostering a deeper appreciation for collaboration and care.

Can you tell us more about your interdisciplinary research projects and their influence on modern medicine?

Currently, I'm working intensively on developing an eco-friendly and human-friendly alternative to a product used in magnetic resonance imaging, considered risky for the environment and human health. This involves scientific experimentation and academic activities. For this project, we've built an interdisciplinary team of researchers, and working with them is deeply fulfilling. I learn something new every day. Together, we discover, create, and collaborate—true science thrives in interdisciplinary partnerships, which are immensely rewarding.

You also write poems and stories that you accompany with music. What inspires you and what drives you?

Poetry, to me, is the most concise and heartfelt way to express knowledge, emotions, or thoughts. It embodies the aesthetics, rhythm, and creativity of language. This bold and impactful form of writing evokes emotions, excitement, and curiosity. I enjoy blending this with a scientific perspective to engage and inspire others.

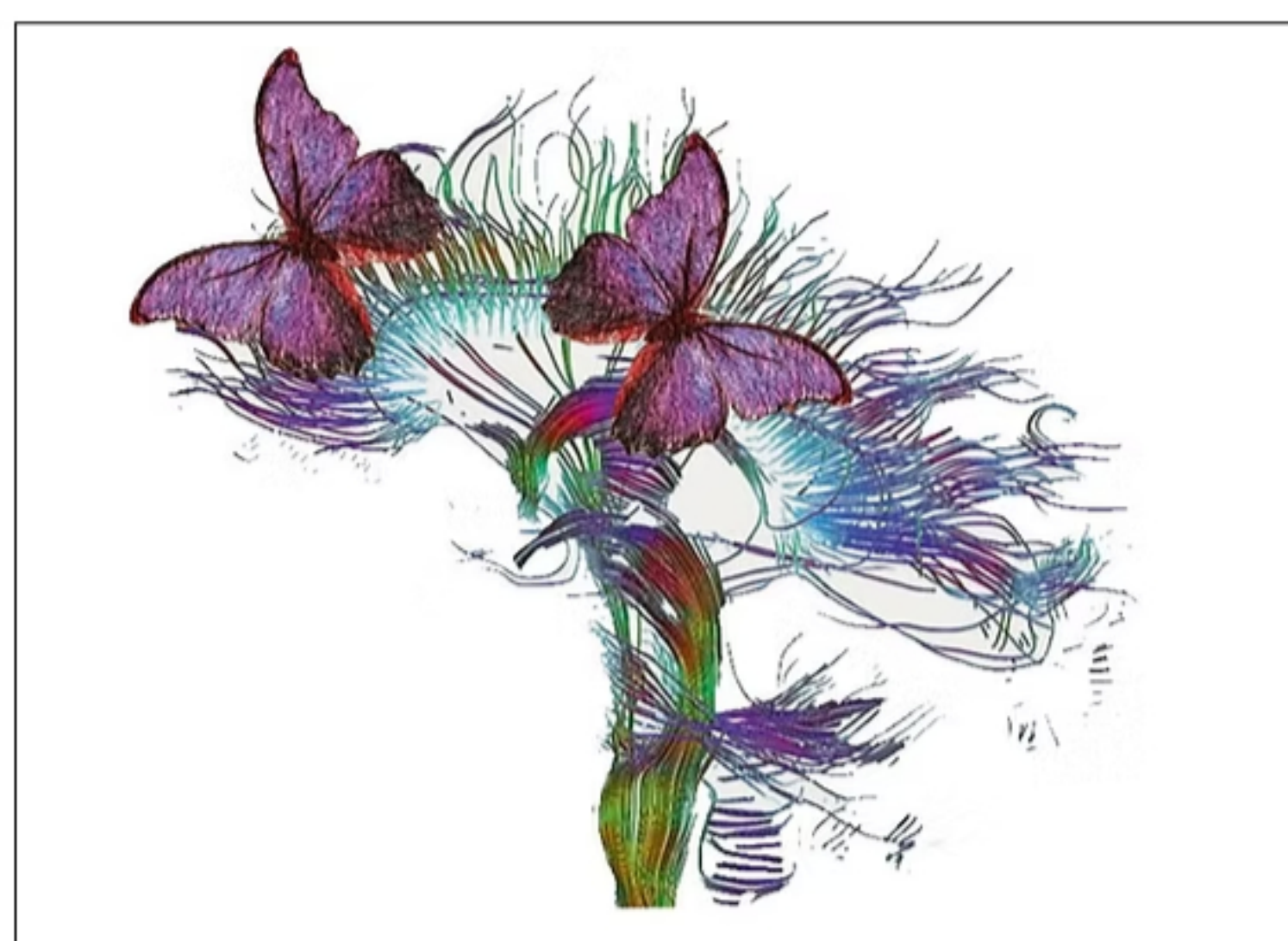


How have your international experiences at Harvard, Yale, and Oxford shaped your scientific and creative development?

Researching at the world's leading institutions allowed me to experience diverse cultures and bright perspectives, broadening my outlook. Observing differences enriches creativity and adds depth to life. Often, we don't realize the environment we're in—like fish unaware of the water they swim in—until we step out of it. This shift helps us perceive the world and humanity holistically, fostering a deeper love and admiration for both.

Could you give us insights into your philosophy of self-healing, which you share in your popular science books?

The first person responsible for an individual's health is the individual themselves. If they completely delegate this responsibility to others—such as doctors or nurses—they risk neglecting their own role. Health becomes vulnerable, and recovery may not be as effective. Thus, individuals must manage their health by acquiring fundamental knowledge about it. Understanding basic principles of human body in relation to the surrounding environment, helps them make better decisions. *Universal Symphony 1, 2, and 3* aim to create awareness by presenting science in a simple, accessible, and enjoyable format.



What role does visual art play in your projects?

As radiologists, we interpret visual information using science, and within this visual information lies an inherent beauty and artistry. A radiologist must not only practice science but also observe human beauty through an artistic lens. This perspective makes our work more meaningful, joyful, and fulfilling. Additionally, I explore how nature's vibrant pigments can contribute to health. Brightly colored plants, rich in antioxidants, demonstrate how much our bodies need these healing elements. My projects integrate personal health choices with the beauty of nature to promote well-being.

What is your vision for your future work, both in medicine and in art? What do you want to achieve next?

My goal is to help people live harmoniously with the aesthetics of life. The *Universal Symphony* symbolizes the vibration of the entire universe, resonating with all living beings. A person in harmony with it perceives the whole, respects all life equally, and recognizes the indispensable value of every being. I aim to support individuals' efforts to live better lives through my knowledge, experience, and dedication. My next project involves collaborating with talented artists to merge science and art, presenting their combined healing power to humanity.

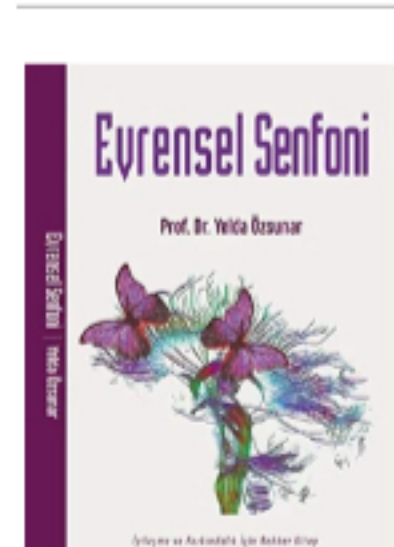


Is there anything else you would like to tell us?

I believe that art and science, as demonstrated in *Universal Symphony 1, 2, and 3*, come together to serve the planet, nature and humanity. My ultimate goal is to contribute to the beauty with similar style. My next project involves collaborating with me via social media (instagram @[prof.dr.yelda.ozsunar](https://www.instagram.com/prof.dr.yelda.ozsunar) or my websites:

tr.universal-symphony.com
medicinetr.com

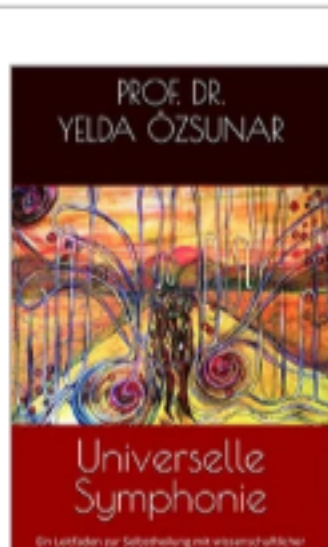
Thank you for giving me the opportunity to express myself.



Evrensel Senfoni I
Guide for Selfhealing
Turkish



Universal Symphony
Guide for Selfhealing
English



Universelle Symphonie
Guide for Selfhealing
Deutsch



Evrensel Senfoni II
Healing with Nature
Turkish



Evrensel Senfoni III
Healing Through Love
Turkish

