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David Lazzari

Dossier Dermatology

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Psychoneuroendocrinoimmunology of the skin

Our skin is exposed both to external and internal stressors. It is a plastic pnei network and cannot be studied by separating the cells from the systems. Through the skin we communicate, establish a contact, we can show ourselves or hide, blush, shiver. It is the borderline of each of us.

Luciano D'Auria

Stress and life

Pag. 9. The program of the International Congress in Orvieto, Italy

More than seventy speakers among: medical doctors, biologists, psychologists, physiologists, philosophers, researchers, therapists from different backgrounds are all meeting at a unique scientific event.

Interview with Richard Davidson

Pag.17. The key of happiness is in our mind.

Richard Davidson has become famous worldwide for his researches on emotions and brain imaging applied to meditation. In this interview the scientist reports the successes achieved in decoding the cerebral mechanisms which are at the base of mental functions, thus combining advanced science and contemplative tradition.

Paola Emilia Cicerone

Theoretic – Philosophy and history of sciences

Pag.19. The actuality of Thomas Kuhn research program.

The role of language in the formation of scientific theories, the influence of socio-economic factors on scientific knowledge, the role of philosophical critic of science in the changes of the paradigm. The thought of the American philosopher is still very actual as it is his invitation to develop scientists who use a more scientific language and are also well versed in philosophical analysis.

Francesco Bottaccioli

Book Review

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Editorial

Meeting in Orvieto for an enrichment of our professional life.

The international Congress “Stress and life” is a unique occasion to expand our knowledge on the physiopathology of stress while improving our medical care skills.

David Lazzari – SIPNEI President

Since several decades the society and medicine in the developed countries are facing an epidemiological picture that has been continuously changing. Between the end of the XIX and along the XX century, the medical class based themselves on the classical concept of a disease related to an acute situation which involves certain results and times. This concept has now become less valid and effective by dealing with the growing numbers of the so called chronic situations or conditions showing an undefined picture from a classic nosologic point of view¹. In view of this scenario the biomedical research has begun to investigate those factors that could be the origin of the problem thus making the style of life a popular topic. Smoking, nutrition, sedentariness as well as other factors as cholesterol and depression itself. In spite of medical recommendations for improved behaviour patterns and prescription for drugs have multiplied, we are observing an exponential increase of obesity, hypertension, depression and anxiety or the so called “medically unexplained symptoms” (MUS). It is obvious that no genetic factor can answer for this sequence of events as nowadays we know that genetic vulnerability is most of the times a component beside experience. Before society loses its resources for health care, it is desirable that this theme can be tackled with a new logic. A logic that can be defined systemically integrated and respectful of the complexity of phenomena, considering as a whole the biological, psychological and social aspects of health and therefore of disease. Researches in the field of stress and PNEI are providing tools in order to make this passage which is at the same time a cultural, scientific and operative step.

Everybody knows something about stress which has become by now a common topic. PNEI is becoming a more and more popular reference point. What these approaches can provide is in reality still largely unrecognized. Today no other sector is perhaps so plentiful in innovative potentialities as this is and at the same time it is also so underestimated.

The goal of the Congress in Orvieto – maybe unique in its genre, not only for the richness of the themes but also for their variety – is not only to analyze the knowledge on the matter in the different disciplines and research fields but also to compare these data and to come to wider synthesis able to provide theoretical frames and a new and effective workability patterns for all the professional figures who are involved and to those who are interested in health.

The objective of SIPNEI is not only spreading the knowledge (it is already a great achievement providing updated information which are never approximate) but to integrate them in a way to use them in new and concrete competences. The wish is that, since Orvieto’s meeting on, our professional life will be enriched because the country and the citizens need professional healthcare givers able to answer

and act effectively. Professionals that are recognized as bringers of new opportunities and possibilities for their users.

Let us make of this congress a shared and visible success able to give the most to each us as individual and as professional.

1) In Italy about 40% of the population present diagnoses related to health problems which are classified as chronic. The National Healthcare System expenditure is 30% for acute cases against 70% for chronic diseases (Source: Ministero della Salute, Libro verde sul futuro del modello sociale, 2008).

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