

Translation by: Patrizia Rustichelli Stirgwolt

The review of the Italian association of psycho-neuro-endocrine-immunology
edited by Francesco Bottaccioli

PNEINEWS

The new knowledge of health

THE HEART: NOT ONLY A PUMP

Evidences confirm the effectiveness of a good management of stress and emotions in patients affected by ischemic cardiomyopathy

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David Lazzari

Interview with Irving Kirsch

Pag.4. The end of the antidepressant myth

In his past the American researcher was also active for human rights and anti-war movements. Irving Kirsch currently teaches at the Harvard Medical School. His thorough researches unveiled how tricks and omissions made the fortune of antidepressants whose effectiveness proved to be rather small.

Paola Emilia Cicerone

Dossier Psyches and Heart

Pag.6. Heart attack is a puzzle

There is a strong connection between psychosocial factors and ischemic cardiomyopathy whose management will certainly lead to some progresses. Myocardial infarction is a complex phenomenon that requires a general change in the medical paradigm from a systemic point of view.

Christian Pristipino

Pag. 9. Psyches can be an ally to the heart

We publish an excerpt of a study that will appear on “Stress and Life” edited by F.Bottaccioli

A.Roncella, C. Pristipino, C.Cianfrocca, F.Pelliccia, V.Pasceri, D.Irini, S.Scorza, A.Varveri, J.Denollet, S.S.Pedersen, G.Speciale

Pag.12. For a better and integrated management of cardiomyopathy patients.

An open letter to cardiologists

Ischemic cardiomyopathy is the first death cause in Italy. This is a proposal that emerged during the conference “Psyches and heart” held at San Filippo Neri Hospital in Rome and it is addressed to all the professionals involved in the cardiomyopathies care.

Pag. 13. How to save money and pain

A research in progress at Santa Maria di Terni Hospital shows that it is possible to reduce significantly the length of the post-surgery stay in hospital by providing a short stress management course to the patients.

Stefano Bartoli

Pag. 14. Stress management and wound healing

F.Bottaccioli

Environment and sexuality

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Pag.17. Good bye man

It is currently believed that 20% of the young European men do not have a sufficient quantity of seminal fluid. Moreover cases of testicular cancer have strongly increased and there are less boys being born.

Andrea Delbarba

East and West

Pag.19. Oriental disciplines are a good health practice

R.Bellen, S. Raimondo

Pag.23 Chinese and Western nutrition: is it possible to integrate them?

The study of the ancient Oriental dietetics represents a source of opportunities for Western doctors and nutritionists

Lucio Sotte

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Editorial

A Master in integrated stress management from a PNEI perspective

David Lazzari – Sipnei President.

Since the second half of the twentieth century the tendency to over-specializing in a particular field was joined by its counterpart-tendency to integrate the results of the researches thanks to new possibilities of investigating and processing data. This allowed to see interactions between aspects and factors that had been considered as separated and independent from each other until then. During the 70s it became clear how health and disease depend on many factors as Engel well summarized in the biopsychosocial model in 1977. Thanks also to the rise of a multidisciplinary research area like psycho-neuro-immunology (PNEI), it was only in the following decades that it became possible to gather more and more evidences on the links among the different biological systems of the organism and the link between these and the mind and eventually between this entire context and what surrounds us: the environment in which the individual lives. Concepts of “system” and “complexity” with their relative epistemological models became part of research, medical praxis and processes of healthcare as well as concepts like prevention and health promotion.

It is in this scenario that the central and paradigmatic role of the stress is emerging as a set of processes which are strictly connected to adaptive strategies and are able to direct the homeostatic and allostatic balances either in a positive and functional way or negative and dysfunctional way. Through these balances it has therefore an impact on the wellbeing and health of the individual. The role played by the processes connected to stress has an extraordinary importance on the main psychological disturbances as well as the most common diseases. On the other hand the condition of the disease triggers stress reactions that influence the disease’s evolution and the patient’s quality of life. The role of stress in the work environment has been acknowledged by a European normative which resulted by gathering the evidences of stress at work and its impact on the economy.

There is now the need to start evaluation strategies in the different contexts (prevention and intervention in this field) and therefore to have professionals able to perform such activities effectively. The Master in “Integrated stress management in a PNEI perspective” aims to provide a formation that integrates the different approaches:
the sociological approach on the sources of stress (environment, stimuli),
the biomedical approach (reaction, unease, disease),
the psychological approach on the subjective evaluation processes.

All of this aims to offer a unitary frame of knowledge to be used in the planification, evaluation and intervention areas inside of which different professionals can apply new and specific competences according to their roles. This examination held in the Medical School in Perugia University is organized by two scientific associations (SIPNEI and PSISA) and by a hospital corporation (S. Maria di Terni) Its focus is to make these objectives achievable. By living in a context with limited resources as we are today, it has become fundamental to attain an adequate vision of the problem and of the tools for intervention which are based on evidence (efficacy and effectiveness), on a cost-benefits evaluation and on the integration of multi professional care.

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The Master will begin on 13th April 2012.

The Application deadline has been extended to the 8th March 2012.

For more information visit:

www.sipnei.it

to apply visit:

www.unipg.it