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**The review of the Italian association of psycho-neuro-endocrine-immunology**

Edited by Francesco Bottaccioli

# **PNEI NEWS**

**The new knowledge of science and health**



**Art as a treatment.  
Improving health care  
with new contents in the doctor's bag...and a new kind of doctor**

PNEI - bimonthly review- nr.6 - year VII - November- December 2013  
**PNEI NEWS NR.6 – November – December 2013**

## **EDITORIAL**

### **Page 3. Too many diagnoses, too little healthcare**

Francesco Bottaccioli

## **DOSSIER**

### **ART AND HEALTH**

#### **Page 4. Music and brain**

##### **An interview with Stefan Koelsch, violinist and psychologist.**

Music is a precious means for the research on the mind and our wellbeing. One of the most accredited authority in this field confirms it. He is Professor of Biological Psychology and Music Psychology at Freie Universität in Berlin where he participates also to the Cluster of “Languages of Emotion”.

Paola Emilia Cicerone

#### **Page 6. Music and emotion seen under the PNEI point of view.**

The therapeutic effect of music on the body is not due to a mechanic relationship between sound and biological systems. It rather depends by the fact that music is an organized sound namely a form of communication inside a cultural system.

S. Colazzo, F. Bottaccioli

#### **Page 10. The stage of integrated care: theatre and health.**

##### **Experiences and prospects**

The encounter between social theatre and medicine brought the attention on the stage of integrated care. A place where it is possible to maintain differences and still to engage in a dialogue where reciprocal respect and care for the citizen-patient meet together.

Alessandra Rossi Ghiglione

#### **Page 12. The science of smile: evidences, methodologies and prospects.**

In the last decades “laughter therapy” has propagated in several children and general hospitals. Today we can confirm that it is an independent discipline capable to undergo clinical and sociological studies as well as bringing remarkable results wherever it is applied in all fields of social and healthcare malaise.

Leonardo Spina

#### **Page 14. Doctor Fiddle and Dr Diddle**

Clown-doctors use all the tools that belong to Art and not to Science, however it is important to know that these tools are used to develop a relationship with patients and the health professionals must be aware of the clinical aspects so that they can provide the right intervention.

M. La Paglia

## **DSM-V**

#### **Page 16. DSM-V**

##### **DSM-V promotes diagnostic inflation: the critique of Allen Frances**

The American psychiatrist was the chairman of DSM - IV task force. In his book he strongly criticizes the new edition accusing it to promote a diagnostic inflation by

mislabelling normal everyday problems as psychiatric disorders. An intense account which is partly a j'accuse and partly a mea culpa.

**Page 18. A bridge to new diagnostic approaches that is about to collapse**

In the last thirty years psychiatric diagnostic relied on DSM and its updates. Unlike the DSM previous editions, considered as an innovation of a winning system, the long process of revision resulting in the DSM-5 has proved to be questionable and controversial.

M. Aragona

**BOOK REVIEW**

**Page 21. Epigenetic and Psychoneuroendocrineimmunology.**

The two sides of the current revolution inside the science of life.  
Francesco Bottaccioli

**SIPNEI NEWS.**

Slow but effective. Sipnei in Sicily. Report of a growth.  
L. Bongiorno, L. Ferrante.

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## EDITORIAL

### **Too many diagnoses, too many treatments, too little healthcare**

Francesco Bottaccioli – Sipnei Honorary President

We are living through a contradictory scientific phase. On one side stand Epigenetic and Psychoneuroendocrineimmunology that open new paths and lead to a radical revolution on the way life, particularly human life, is conceived. On the other side, the dominant scientific establishment resists obstinately to the change and keeps deciding the fate for research, formation and asset of health professions.

The effects are more than obvious<sup>1</sup>: inadequate results, unbearable costs, frequent medical errors, unsatisfied patients, increased social inequality in medical care.

Furthermore, the current medical model still ignores the complex origin of disease. It medicalizes risks factors, considers ill asymptomatic people pushing medication and thus determining the failure of prevention and the supremacy of patented therapies in other words favouring the huge profit makers. At this regard Allen Frances sounds the alarm about the devastating consequences of the DSM-V, the “Diagnostic and Statistical Manual of mental disorders” latest edition. As reported in this Pnei News issue, the American clinician, one of the most expert on the matter, defines the current tendency to over-diagnose psychiatric disorders as a “diagnostic inflation”. A trend that involves needless and/or inappropriate psychiatric medication resulting in severe harm to the health of millions people<sup>2</sup>. Also cardiologists and oncologists are denouncing this trend to over-diagnose. A team of cardiologists have reported on “The Lancet”<sup>3</sup> that the new American guidelines on cholesterol may lead to prescribe needlessly statin (the best-selling cholesterol-lowering drug) to one adult on three thus outweighing the risk of developing diabetes for these patients. As the debate on statin is in full swing and Big Pharma has displayed their “big shots” to protect their cash cow, another scandal breaks down: calcium supplements administered to millions of women in menopause and elderly people (of both genders) to prevent osteoporosis have proved to be not only ineffective but also harmful.

A recent trial conducted on postmenopausal women suffering from dyslipidemia has documented that the intake of calcium supplements worsens dyslipidemia and increases atherosclerosis<sup>4</sup>.

In a recent recommendation addressed to the working group of the National Cancer Institute, the oncologists themselves have affirmed that screening especially targeted to breast, prostate, thyroid and melanoma can increase the risk of identifying “clinically insignificant” tumours with an increase of inappropriate treatment<sup>5</sup>.

In other words: too many diagnoses, too much medication and too little cure.

Citizens, health professionals and scientists who love their work and independence are kept forcedly into this paradoxical cage by the dominating and obsolete scientific model which nurtures and is nurtured by Big Pharma. This situation is at the same time depressing and intolerable since we now have the scientific knowledge to make a huge leap forward in prevention and cure.

A scientific knowledge that allows us to give more solid foundations to non-pharmacological practices and therapies as the ones related to Art that are described in this Pnei News issue. These are practices and therapies that support and enhance the therapists' skills and enable them to cure instead than just treating.

*For this 2014 I wish all the readers to be even more motivated to pursue a new scientific knowledge, new contents in the doctor's bag as well as becoming a new kind of healthcare giver.*

1) Fani Marvasti F., Stafford R.S (2012) From sick care to health care--reengineering prevention into the U.S. system, *New Engl J Med* 2012; 367(10):889-91.

2) Frances A. (2013) *Saving Normal: An Insider Revolt Against Out of Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life.* (2013) William Morrow. See also page 16-17 in this issue.

3) Ridker PM, Cook NR. (2013) Statins: new American guidelines for prevention of cardiovascular disease, *The Lancet* Published online November 19, [http://dx.doi.org/10.1016/S0140-6736\(13\)62388-0](http://dx.doi.org/10.1016/S0140-6736(13)62388-0)

4) Li S, et al. (2013) Long-term calcium supplementation may have adverse effects on serum cholesterol and carotid intima-media thickness in postmenopausal women: a double-blind, randomized, placebo-controlled trial *Am J Clin Nutr.* 98(5):1353-9

5) Esserman L.J., Thompson I.M., Reid B (2013) Overdiagnosis and overtreatment in cancer: an opportunity for improvement, *JAMA* Aug 28;310(8):797-8.

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