

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

Edited by Francesco Bottaccioli

PNEI NEWS

The new knowledge of science and health

ENDOCRINE DISRUPTORS AND ELECTROMAGNETIC FIELDS: OLD AND NEW HEALTH RISKS



EDITORIAL

Page 3. Managing home care for patients positive to SARS-COV-2

Francesco Bottaccioli

INTERVIEW

Page 4. Endocrine disruptors and 5G network: old and new health risks. An interview with Fiorella Belpoggi. Research Director at Ramazzini Institute, Clinic of Cancer Research and Prevention, Bologna

Founded more than 30 years ago by the oncologist Cesare Maltoni, Ramazzini Institute is now at the international avantgarde in the research for strategies of control of tumours and environmental diseases. In the interview for PneiNews, Dr Fiorella Belpoggi analyzes the ascertained risks that endocrine disruptors have on the brain, immunity and metabolism as well as reviewing all the problems related to the 5G network.

Paola Emilia Cicerone

COVID 19 AND NUTRITION

Page 7. Feeding our immune system during the pandemic

It is important not to repeat the mistakes done during the first pandemic wave when the lockdown stress and anxiety for the disease's trend led to a surge in the consumption of comfort food such as desserts, fried treats, sugary beverages and alcohol.

Anna Giulia Bottaccioli – MD, Internal medicine specialist – Professor of Pnei at the University of Turin, L'Aquila and Milan San Raffaele. Coordinator for Sipnei Lazio.

PSYCHOLOGY AS A TOOL TO CONTRAST COVID-19

Page 10. Promoting psychological resilience as a tool to contain the pandemic

The true challenge is to identify the widespread psychosocial distress as well as the more structured mental disorders and to provide an adequate and articulated response.

David Lazzari – President of the National Board of Italian Psychologists, past Sipnei President.

CHINESE MEDICINE

Page 13. Acupuncture to support the immune system

Acupuncture is a strategy used to reinforce the body's resistance to diseases. The efficacy of acupuncture in improving the resistance is strictly correlated to the immune system. More and more studies have proven that acupuncture can regulate the immunity because of its anti-inflammatory effects.

Franco Cracolici – Director of the School of Traditional Acupuncture in Florence. Sipnei- Tuscany

Page 16. The Chinese phytoterapeutic experience in preventing and treating COVID-19.

We publish two phytotherapeutic formulations presented during Sipnei pre-congress by Dr Xu Liran, Chief physician at the affiliated hospital of Henan University of Chinese Medicine, Professor of Medicine at Zhongjing Traditional Chinese Medicine Institute.

Xu Liran

NATURAL MEDICINE AND IMMUNE SYSTEM

Page 18. Non-pharmacological modulation of inflammation

Pathophysiology of inflammation is highly complex. It requires an effortful work to identify all the available resources in order to deal with it advisably.

Carlo Maggio, MD specialist in cardiology, Member of AIMF-Health (Italian Association of Functional Medicine).

VIRUS AND HUMAN PSYCHE

Page 21. COVID-19 pandemic. Some psychoanalytical observations

Facing an unexpected and terrible experience has forced people to react in a defensive way. According to one's own psychological structure, some individuals have minimized the phenomenon, others have denied it or distorted it, whereas, on the contrary, other persons have developed paranoid behaviours and isolated themselves more than necessary.

Diego Dal Sacco, MD specialist in dermatology and venereology, specialist in analytical psychology.

BOOK REVIEW

Page 24. PHILOSOPHY AND MEDICINE. A COMPARISON BETWEEN EAST AND WEST: THE TEACHING OF THE ANCIENTS.

Page 24. THE STRUCTURE OF THE EXTRACELLULAR MATRIX: THE FIRST BRICK OF OUR BODY

EDITORIAL

Managing home care for patients positive to SARS-COV-2

Francesco Bottaccioli – University of Aquila and Turin. Hon. Sipnei President

Since the very beginning of the pandemic, one of the most debated topics has been the lack of home care for patients positive to SARS-COV 2 with mild symptoms.

The Lombardy catastrophe has been indeed attributed to a monstrous healthcare system based on private structures and on its expensive “excellence” but deficient in an adequate territorial medicine system. Other regions too have shown the same healthcare deficiency. This general situation has brought Italy to be listed among the countries with a high COVID-19 mortality rate. This scenario was due exactly to the inefficiency in territorial healthcare in managing those patients who were still presenting mild symptoms: the so-called paucisymptomatic patients whose condition can however evolve. Indeed 15% of them turn into severe cases needing hospitalization when often it is too late to rescue all of them.

On the 30th November the Ministry of Health issued a long ministerial circular with instructions for the home care for patients affected by SARS-CoV-2. It is addressed to the general practitioners and the Special Units for Continuing Healthcare (Unità speciali di continuità assistenziale - USCA) that should guarantee local care. Before reviewing these instructions, we should ask how many USCA are active on the territory? According to a survey lead by “Il Sole 24 Ore” only half of the needed USCA are operative. As usual Lombardy is at the top for non-fulfilment. Whereas in Lazio there are 250 operative USCA, Lombardy has activated only 157 of them with a population that is twice as large as Lazio. The so much praised Veneto has 57 operative units for a population more or less as large as Lazio. I would like to remind that, since the beginning of the pandemic, 40% of all the Italian deaths is recorded in Lombardy and more than 10% in Piedmont, another region that does not shine for territorial healthcare. And now let us consider the instructions contained in the text. The document provides some indicators to assess the severity level of the disease and thus alert the emergency structure in case the indexes get worse. In short, these parameters are: the level of oxygen saturation (below 92%) which is measured also under effort; and temperature (over 38°C for more than 72 consecutive hours). Other risk calculators both manual and telematic are provided. This is just a little help in order to give some directions to the medical doctor who is also recommended to examine the patients at their homes. Besides monitoring, prescribing paracetamol and, if needed, dialing the emergency number 112 requesting an ambulance, what should USCA do? Nothing. Prescribing medicaments and vitamins is not recommended. Not a single word about the importance of nutrition, of psychological support to help the mind and the immune system to contrast the virus; not a mention on breathing and stress management techniques or non-invasive medical methods such as acupuncture. Silence also on specific blood analyses that would allow to identify people with a high inflammatory risk. In China the pandemic has been under control since months: commerce is open for business, people go out without wearing the mask. The Chinese National Health system implemented integrative strategies as the ones mentioned above. Exceptional measures are required for exceptional crisis times, not bureaucratic propaganda which is only used to hide behind scientific evidence. It is in fact very clear that our medicine has failed in managing the pandemic worldwide. Oh! I almost forgot... the vaccination, the “deus ex machina”. We will see. We wish it to be effective and safe. However, we would like to remind to the political and healthcare authorities that the path meant to lead us towards herd immunity through vaccination will be paved of deaths if home care management will be dictated by defensive medicine which obeys to pharmacology and is unable of an innovative jump.

