

The psychosomatic approach to the allergic patient

Psychoneuro- allergology

2nd edition

Editor:

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Psychoneuroallergology
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Fields of Interest:
Allergy, Psychosomatics, Psychology,
General Medicine, Dermatology,
Pneumology

'Psychoneuroallergology' is a term used to describe the interdisciplinary field of research at the interface of allergology, psychobiology and clinical psychology. It has two major objectives: the study of the interdependent relationship between the psychological life of a genetically predisposed individual and the evolution of his/her allergy; and the patients' reactions to their symptoms as well as to the behavior of their medical caregivers.

This second edition of *Psychoneuroallergology* is the result of joint work from prominent names in the fields of allergology, psychosomatics, psychology, psychobiology, dermatology and pneumology. Authors from Romania, Germany, France and Poland have contributed their expertise to elucidate the role of psychosocial factors in the evolution of allergic diseases, e.g. the relationship between distress and allergy at both the clinical and experimental levels, the impact of allergy on the psychology and social life of the patient, psychotherapeutic and psychopharmaceutical approaches, and patient adherence to therapeutic recommendations. The book is addressed to allergologists, mental health professionals, general practitioners as well as to students in medicine and psychology.

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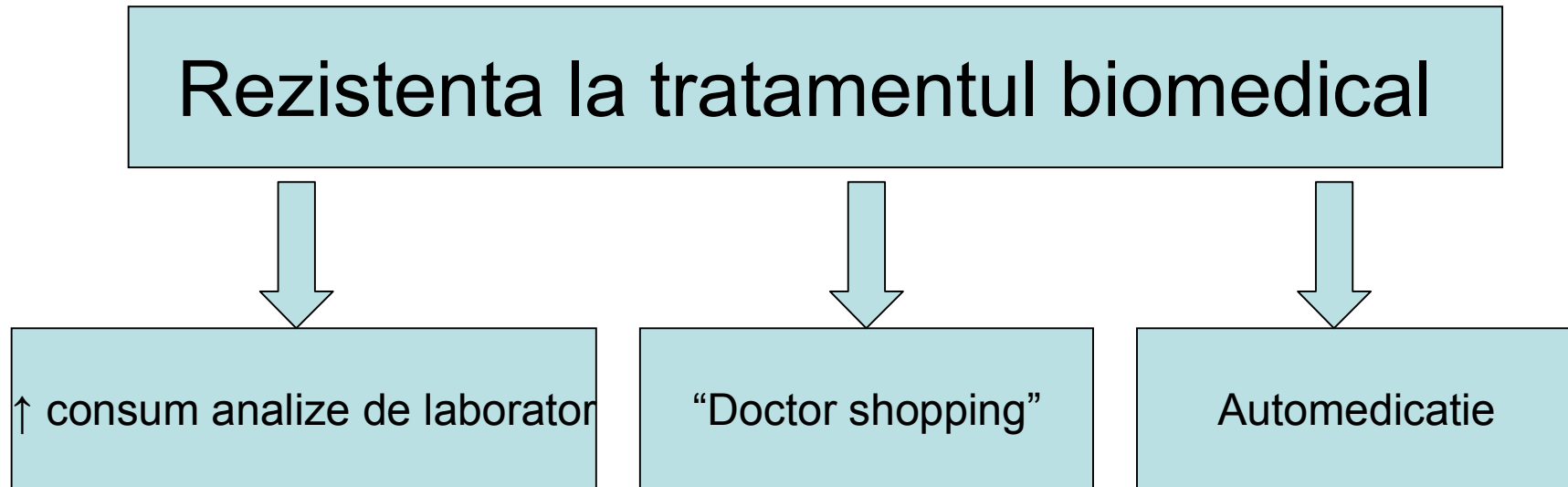
www.karger.com/psychoneuroallergology

**Contribuțiile medicinei
psihosomatice la scăderea
costurilor asistenței
medicale.**

Argumente și exemplificări

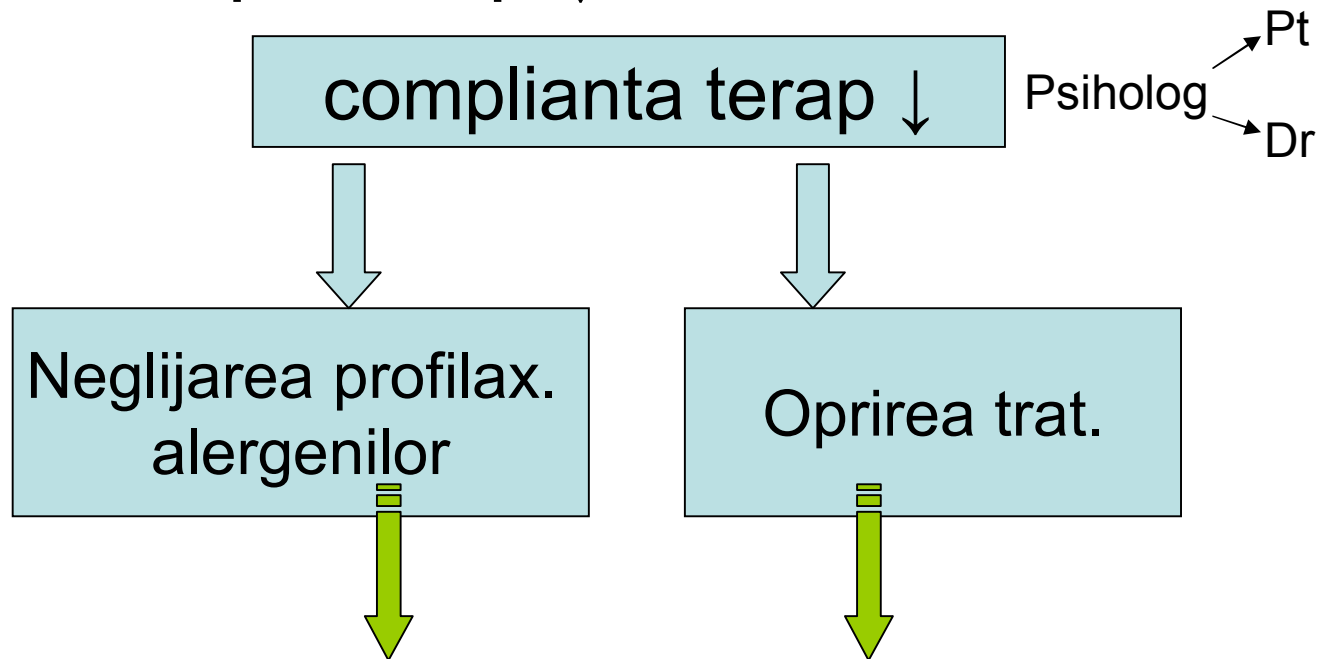
Omiterea/subestimarea etiopatogeniei psihosociale

Clinic:

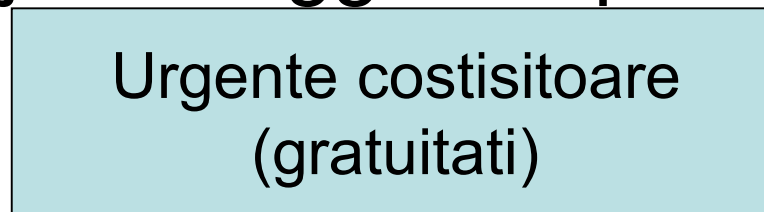


Astmul bronsic

1. Compl. terap ↓:



2. Neglijarea triggerilor psih.:



Concluzii

1. clarificarea diagnosticului este paralizată de abundența de tulburări subiective cuplată cu anxietatea și dorința excesivă unor bolnavi de a li se stabili un diagnostic precis, ca în cazul tulburărilor somatoforme. Elucidarea unor presupuse cauze medicale conduce la un consum crescut, inutil de analize și de medicamente subvenționate de la buget.

Concluzii

2. comportamentul specific stresului cronic marcat de creșterea consumului de alcool, tutun, alimente nesănătoase, sedentarism excesiv și abuz de somnifere subminează sănătatea fizică și psihică.

Concluzii

3. complianța terapeutică este scăzută din cauze în primul rând psihologice. O scădere a complianței terapeutice antrenează agravări și recidive ale bolilor soldate cu consum crescut de medicamente scumpe destinate urgențelor în care bolnavii neglijenți, hipocomplianți se includ cel mai adesea.