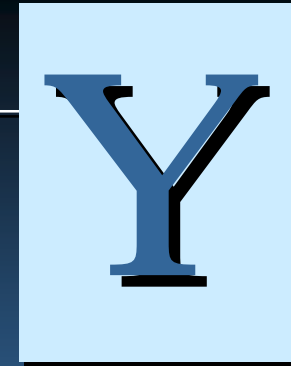


Белялов Фарид Исмагильевич



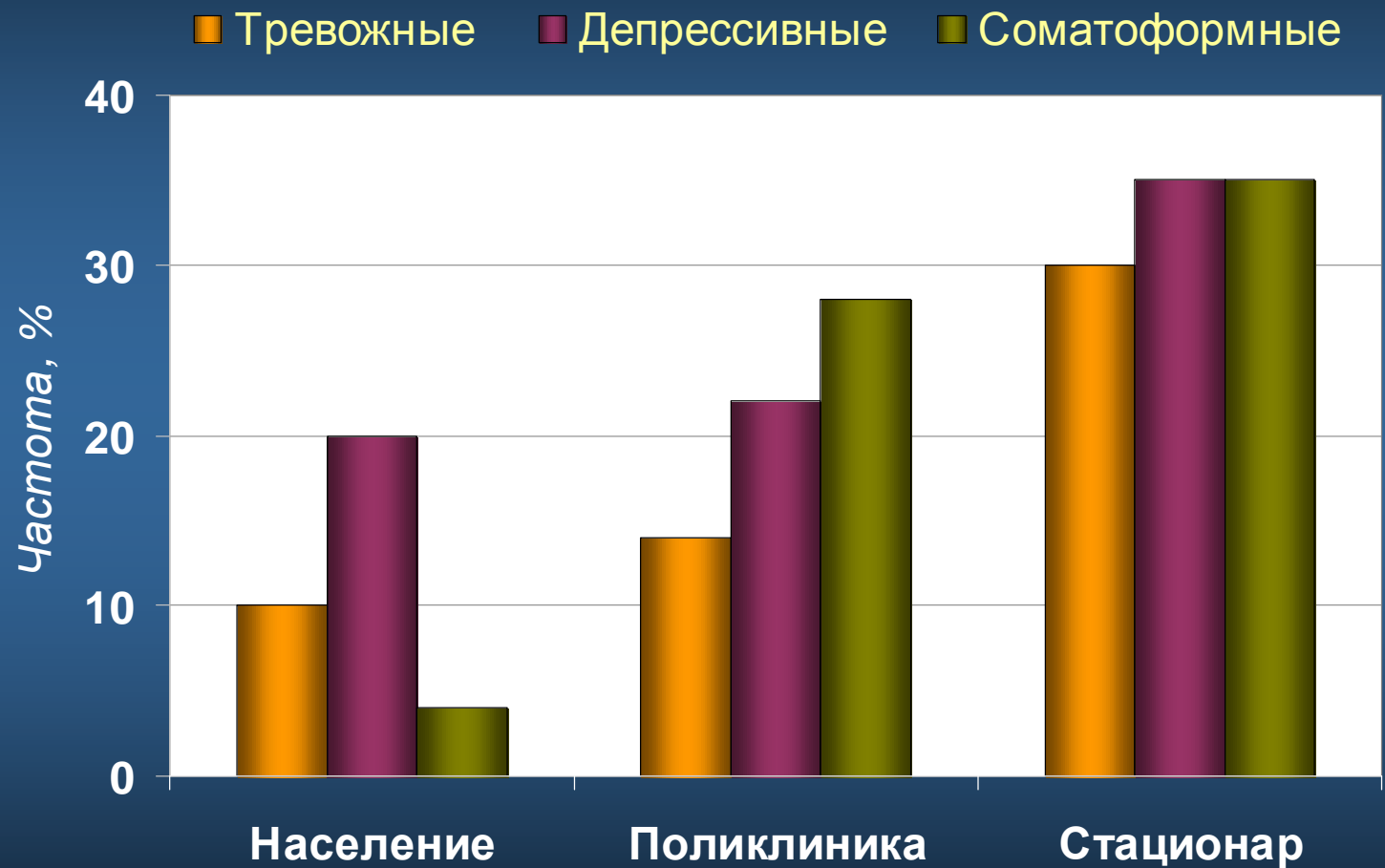
12 тезисов психосоматической медицины

III Байкальская психосоматическая конференция
Иркутск, 27 сентября 2007 года

Тезис 1

Психические расстройства у пациентов с болезнями внутренних органов встречаются часто.

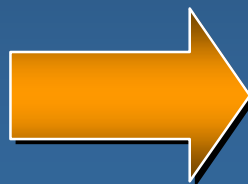
Частота психических расстройств в лечебных учреждениях



Тезис 2

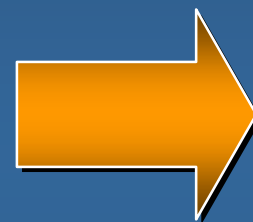
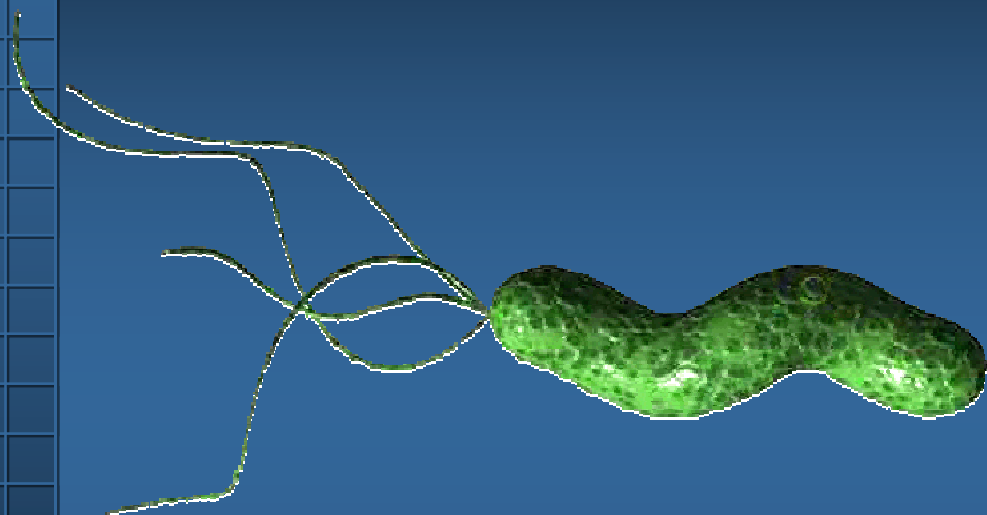
Нарушения психики не вызывают органических соматических заболеваний.

Язвенная болезнь – старая концепция



Язвенная болезнь – результат жизненных стрессов уязвимой личности.

Новая концепция язвенной болезни



Язвенная болезнь – инфекционное заболевание.

Стресс вызывает симптоматические язвы.

Global Initiative for Chronic Obst



GLOBAL STRATEGY FOR ASTHMA MANAGEMENT AND PREVENTION

NATIONAL INSTITUTES OF HEALTH
National Heart, Lung, and Blood Institute

Revised 2002

Gastroenterology

Official Journal of the American Gastroenterological Association

INTRODUCTION

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1504

ON THE COVER

See page 1504 for the cover story. The cover image is a photograph of a patient with asthma, showing the characteristic wheezing and coughing associated with the condition.

See page 1504 for the cover story. The cover image is a photograph of a patient with asthma, showing the characteristic wheezing and coughing associated with the condition.

The journal of the American Society of Hypertension (ASH) Guidelines for the Management of Arterial Hypertension, published by the American Society of Hypertension (ASH), is a comprehensive guide for the management of hypertension. It provides evidence-based recommendations for the diagnosis, treatment, and prevention of hypertension, based on the latest research and clinical practice.

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Official Journal of the American Gastroenterological Association

Official Journal of the American Gastroenterological Association

Guidelines on the management angina pectoris: full text[†]

The Task Force on the Management the European Society of Cardiology

Authors/Task Force Members: Kim Fox, Chu Madrid (Spain), Diego Ardissino, Parma (Ita) London (UK), Filippo Cremonesi, Roma (Italy), G (Belgium), Paul Hjemdahl, Stockholm (Swe) Toulouse (France), Joao Azevedo, Leiria (Por) Stuttgart (Germany), Maarten Simoons-Scor (Denmark)

ESC Committee for Practice Guidelines (EPG), Alex Vahanian, Chairperson (France), John Cosin (Belgium), Giovanni Di Lorenzo (Italy), Hans Hildebrandt (Austria), Sven-Erik Kjeldgren (Sweden), Christian Funck-Brentano (France), Hans Hildebrandt (Austria), Sven-Erik Kjeldgren (Sweden), Hans Hildebrandt (Austria), Sven-Erik Kjeldgren (Sweden)

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[†]Can be accessed online. Download free from the Department of Cardiology, National Heart, Lung, and Blood Institute, Bethesda, MD 20892, USA. E-mail: fox@nlm.nih.gov

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2007 Guidelines for the Management of Arterial Hypertension

The Task Force for the Management of Arterial Hypertension of the European Society of Hypertension (ESH) and of the European Society of Cardiology (ESC)

Authors/Task Force Members: Giuseppe Mancia, Co-Chairperson (Italy), Guy De Backer, Co-Chairperson (Belgium), Anna Dominiczak (UK), Benita Grassl (Czech Republic), Robert Fagard (Belgium), Giuseppe Germano (Italy), Guido Grassi (Italy), Anthony W. Heagerty (UK), Svein E. Kjeldsen (Norway), Stéphane Laurent (France), Krzysztof Narkiewicz (Poland), Luis Ruilope (Spain), Andrzej Rywikowski (Poland), Roland E. Schmieder (Germany), Harry A.J. Struiker-Boudier (Netherlands), Alberto Zanchetti (Italy)

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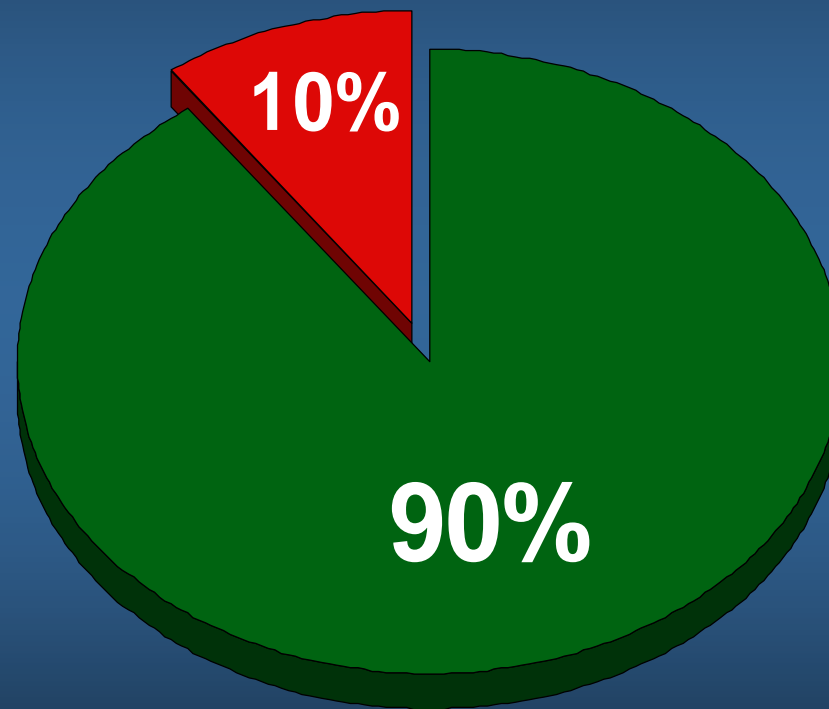
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Тезис 2

«Психосоматических» заболеваний
не существует.

Частота язвенной болезни у инфицированных *Helicobacter Pylori*

Есть язва



Нет язвы

Психические расстройства и язвенная болезнь



5739 пациентов в течение 12 мес.

Многофакторная концепция заболеваний

**Психологические
факторы**

**Социальные
факторы**



**Биологические
факторы**



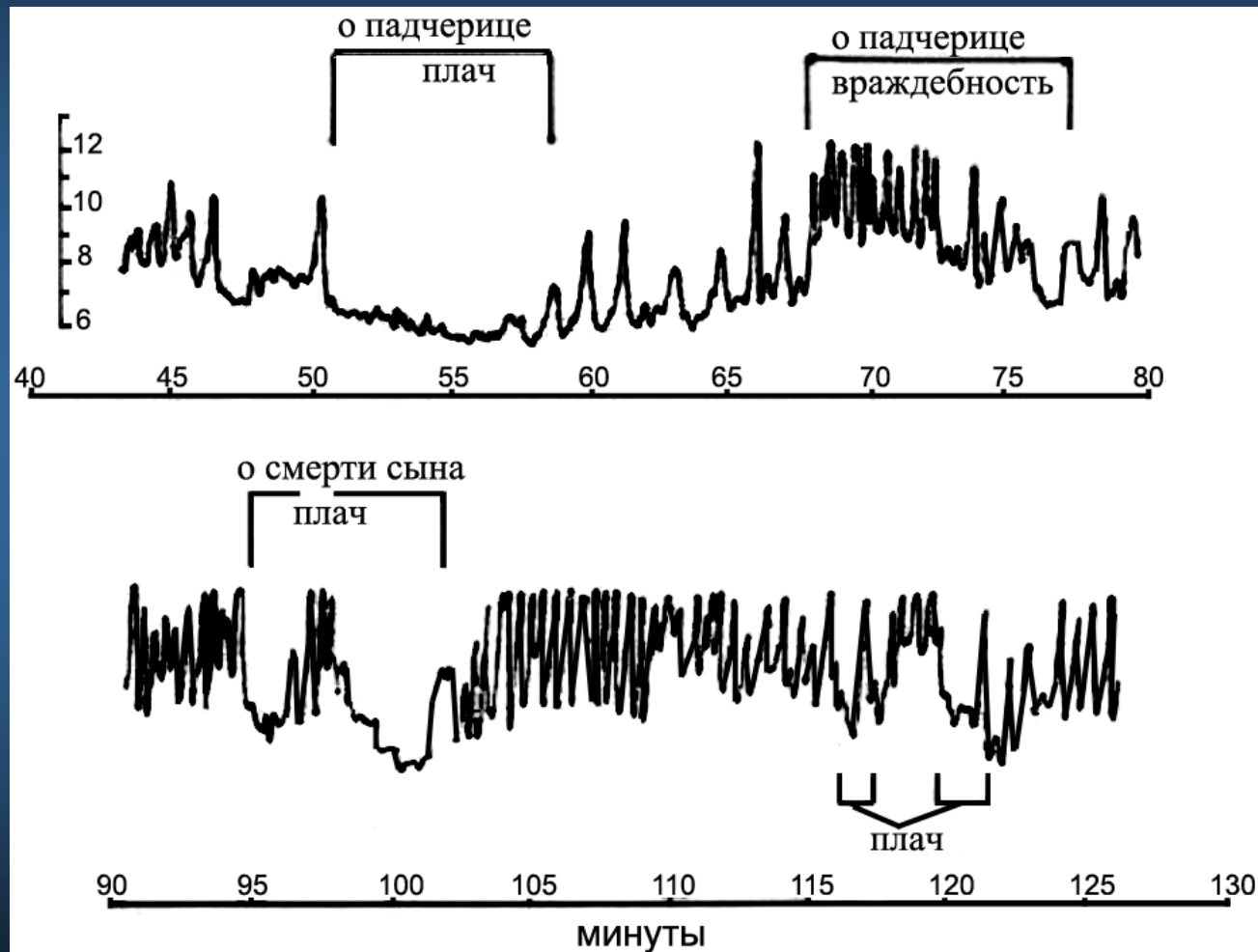
Тезис 3

Психическое расстройство
может быть причиной
функционального заболевания.

Частота психических расстройств при заболеваниях кишечника



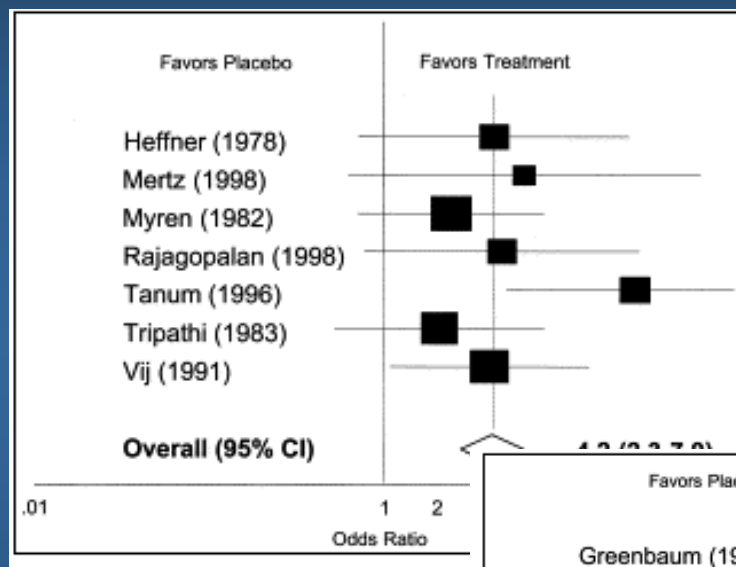
Влияние стресса на моторику кишечника



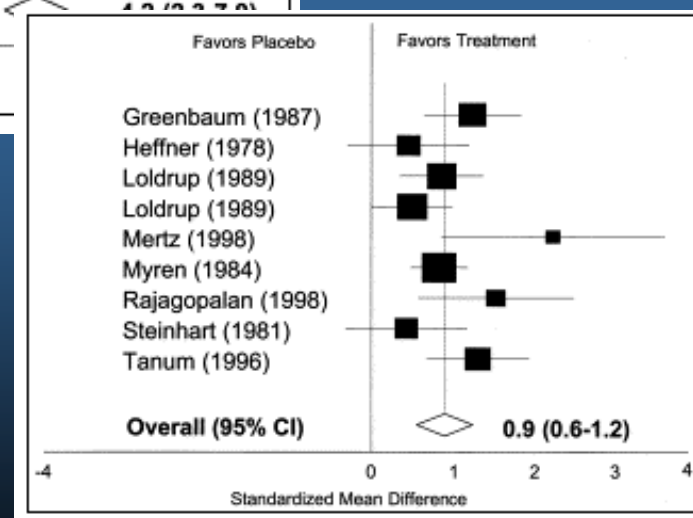
Антидепрессанты при функциональных расстройствах ЖКТ

Общее улучшение

**х 4.2
раза**



Уменьшение боли



-- гастроинтестинальных СИМПТОМОВ

Тезис 4

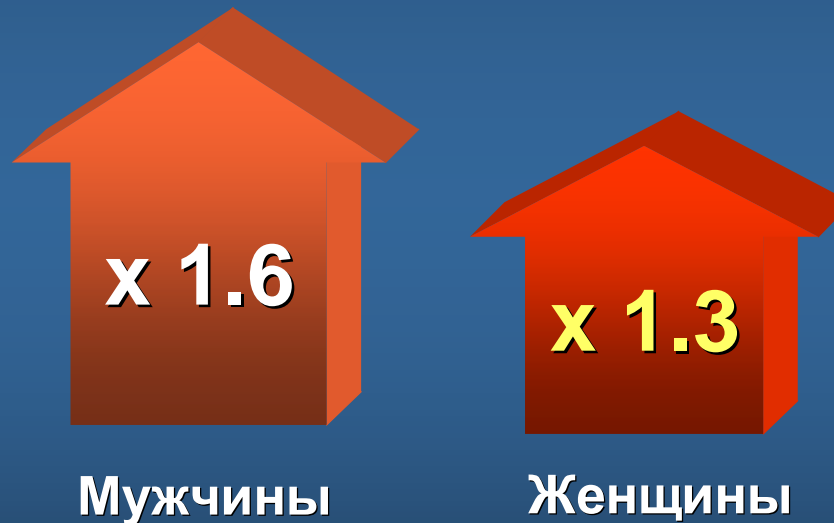
Психические факторы независимо связаны с тяжестью и прогнозом соматических заболеваний, трудоспособностью и общей смертностью.

Связь депрессии и HbA1c



Психические расстройства и смертность

Повышение смертности

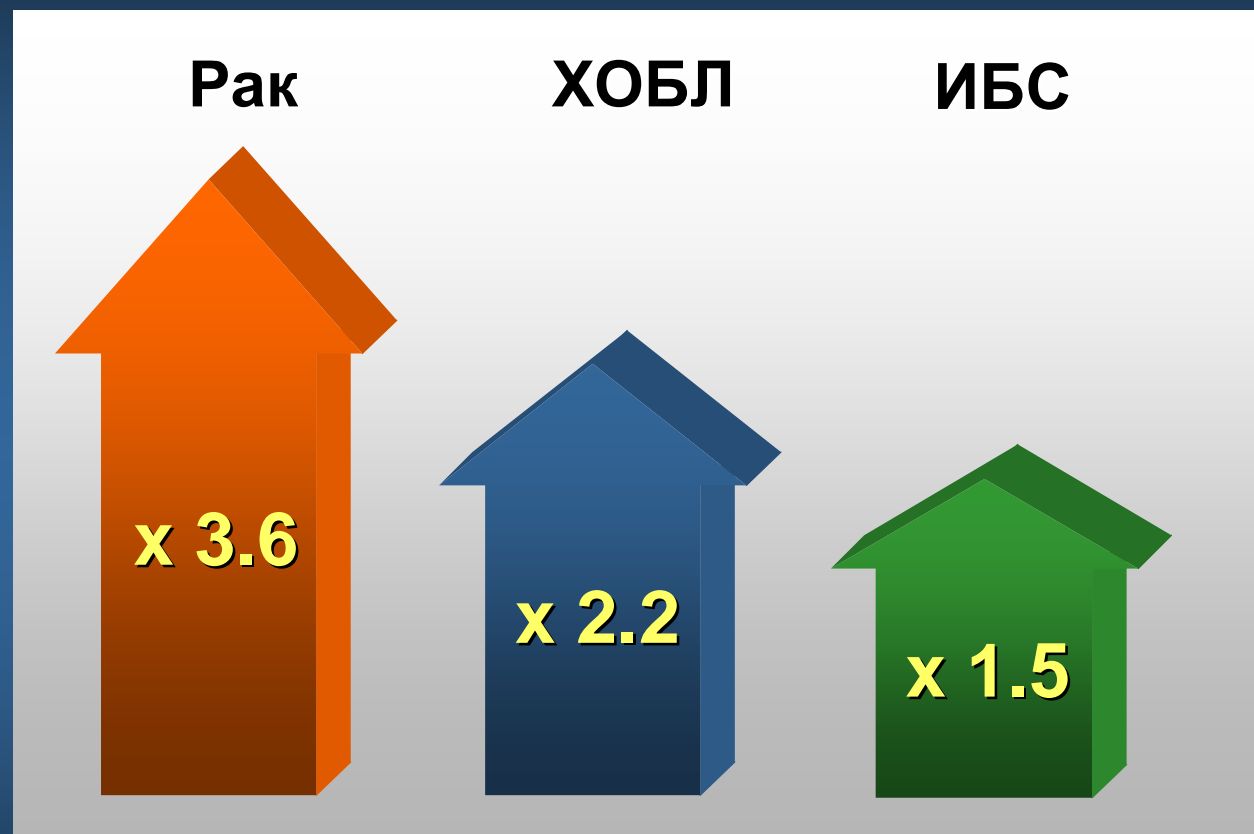


8000 пациентов в течение 17 лет, 1579 смертей.

Тезис 5

Психические расстройства чаще вторичны при соматических заболеваниях или являются ранним признаком системного неблагополучия.

Развитие депрессии после диагноза



Риск депрессии через 2 года после Ds.
Исходно депрессии не было.

Распространенность панического расстройства



Тезис 6

Проявления психического заболевания нередко похожи на симптомы соматической болезни.

Общие симптомы

- Усталость, слабость
- Снижение концентрации внимания
- Инсомния
- Боли
- Снижение аппетита
- Похудание
- Сердцебиение

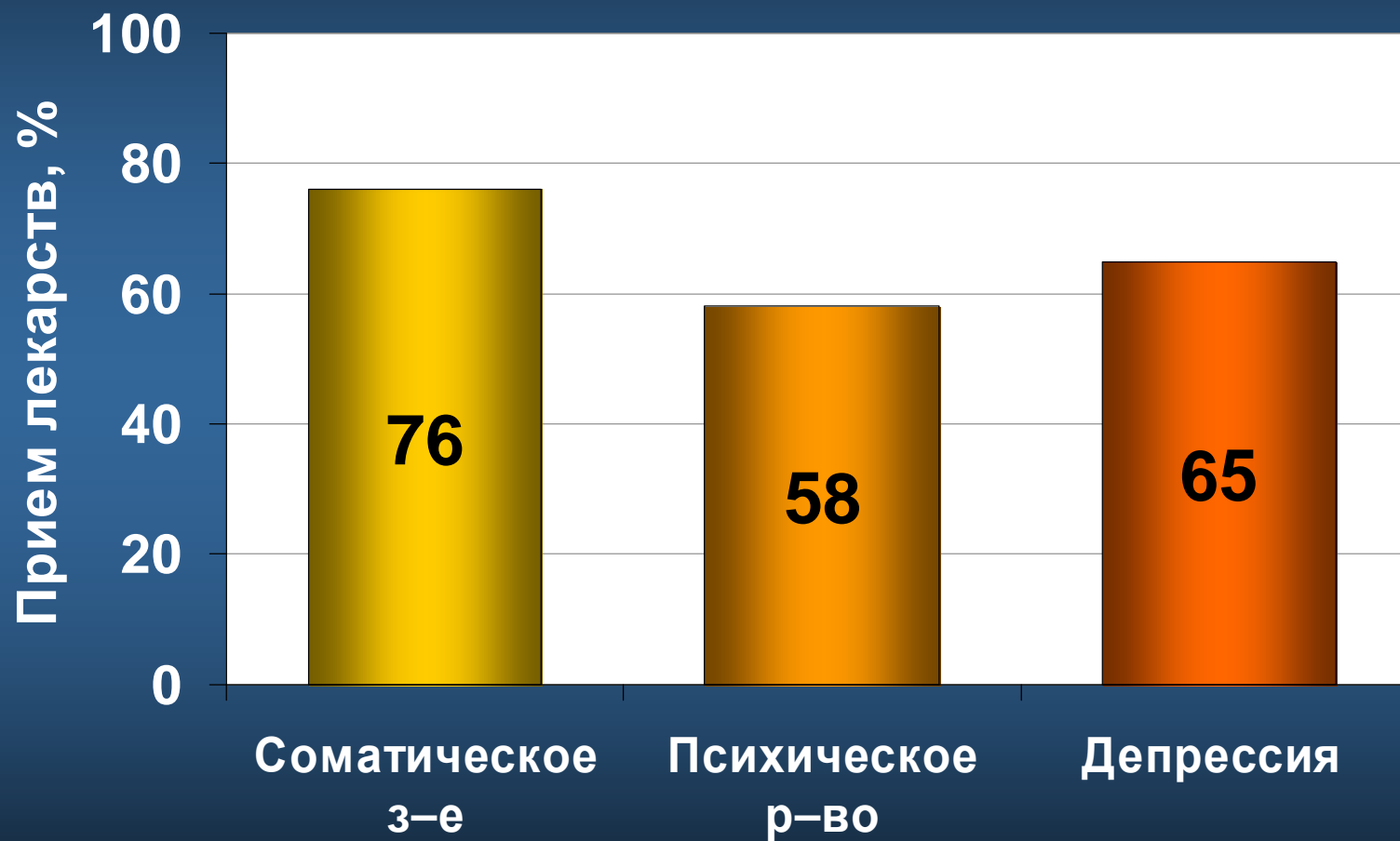
Сочетанные симптомы



Тезис 7

Психические расстройства нарушают приверженность пациентов к лечению.

Приверженность к лечению и психические расстройства



Психотропные средства и приверженность к лечению соматических заболеваний



4899 пациентов с психотропным лечением, 4665 контроль

Смертность и приверженность к лечению

- Хорошая приверженность к медикаментозному лечению **снижает смертность на 44%**

Мета-анализ 21 исследования с 46 847 пациентами







Тезис 8

Психотерапия и психотропные медикаменты снижают выраженность тревоги и депрессии, но не изменяют течение соматического заболевания.

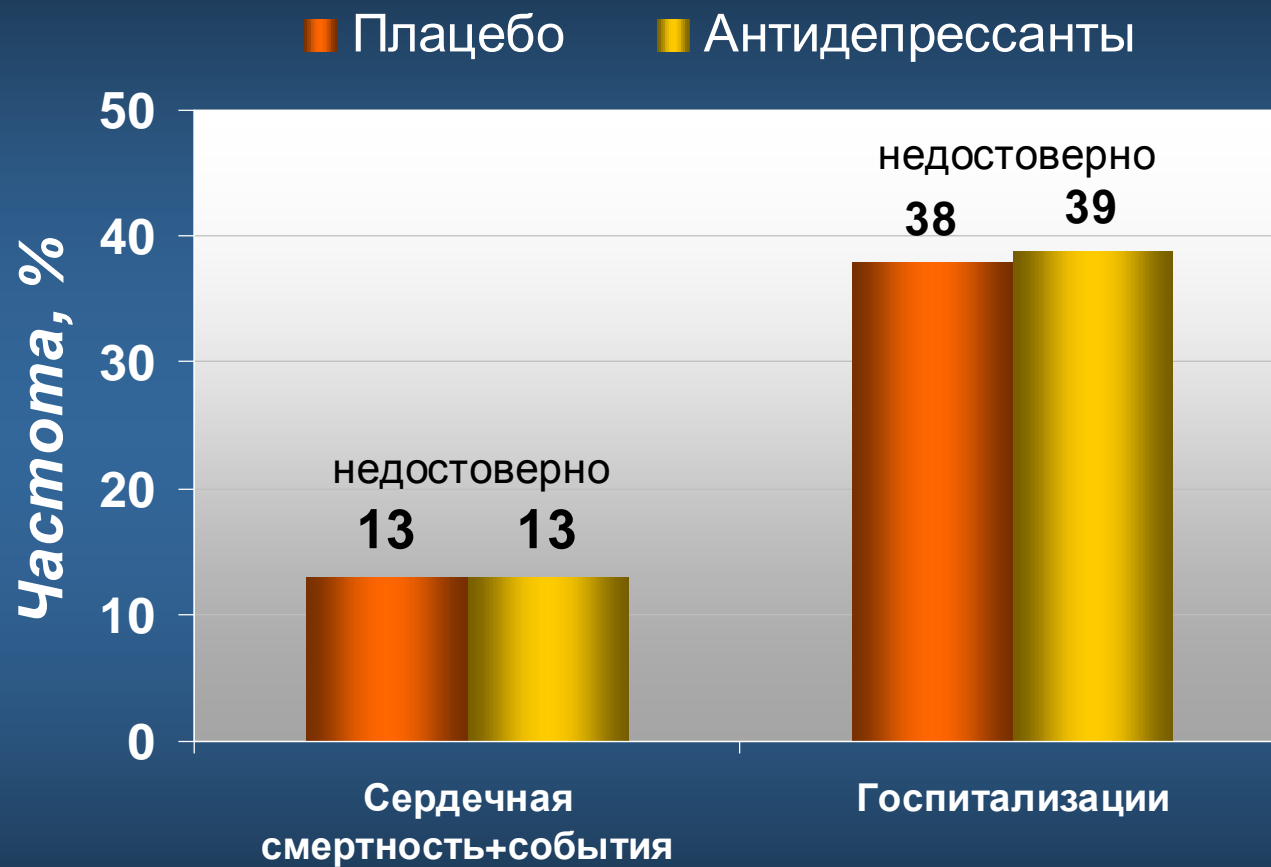
Антидепрессанты в соматической клинике

*Антидепрессанты разных классов и
внутри классов имеют
близкий антидепрессивный эффект*

Антидепрессанты в соматической клинике

Группа	Препараты	Характеристика
Гетероциклические антидепрессанты		<ul style="list-style-type: none"> • нельзя после инфаркта • дешевый
Модуляторы норадреналина-серотонина		<ul style="list-style-type: none"> • седативный эффект • - вес тела
Селективные ингибиторы захвата серотонина		- риск ЖК кровотечений
Селективные стимуляторы захвата серотонина		<ul style="list-style-type: none"> • эффект на 3 сут • прием 3 раза
Ингибиторы моноаминооксидазы		• недостаточно изучен
Ингибиторы захвата серотонина-НА		<ul style="list-style-type: none"> • эффект на 4 сут • повышение АД

MIND-IT: антидепрессанты и прогноз ИБС

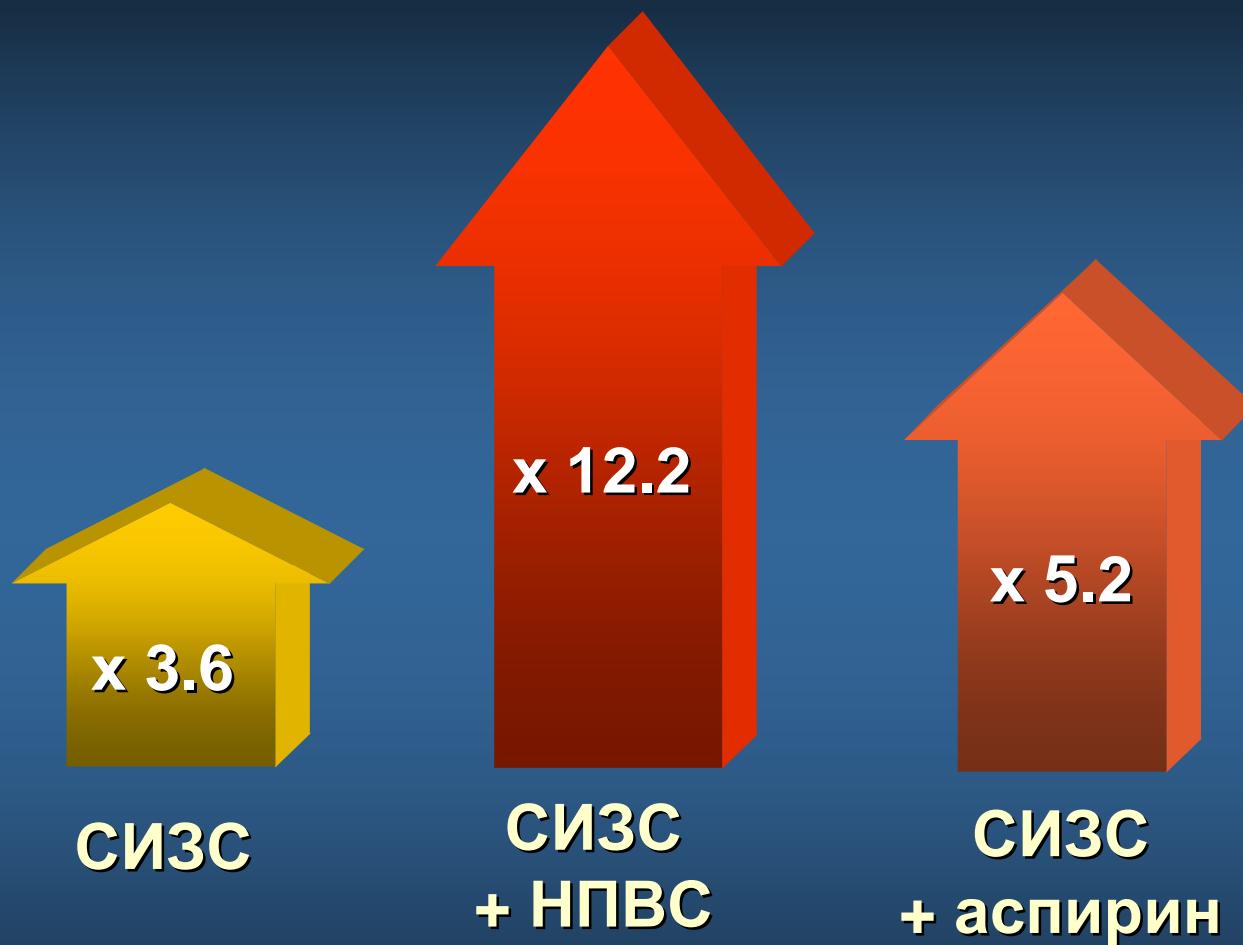


2177 пациентов после ИМ в течение года.

Тезис 9

Применение психотропных препаратов требует учета влияния на соматическую патологию и соматотропное лечение.

СИЗС и абдоминальные кровотечения



26000 пациентов в течение 5 лет, употреблявших антидепрессанты в Дании.

Тезис 10

Антидепрессанты уменьшают выраженность боли.

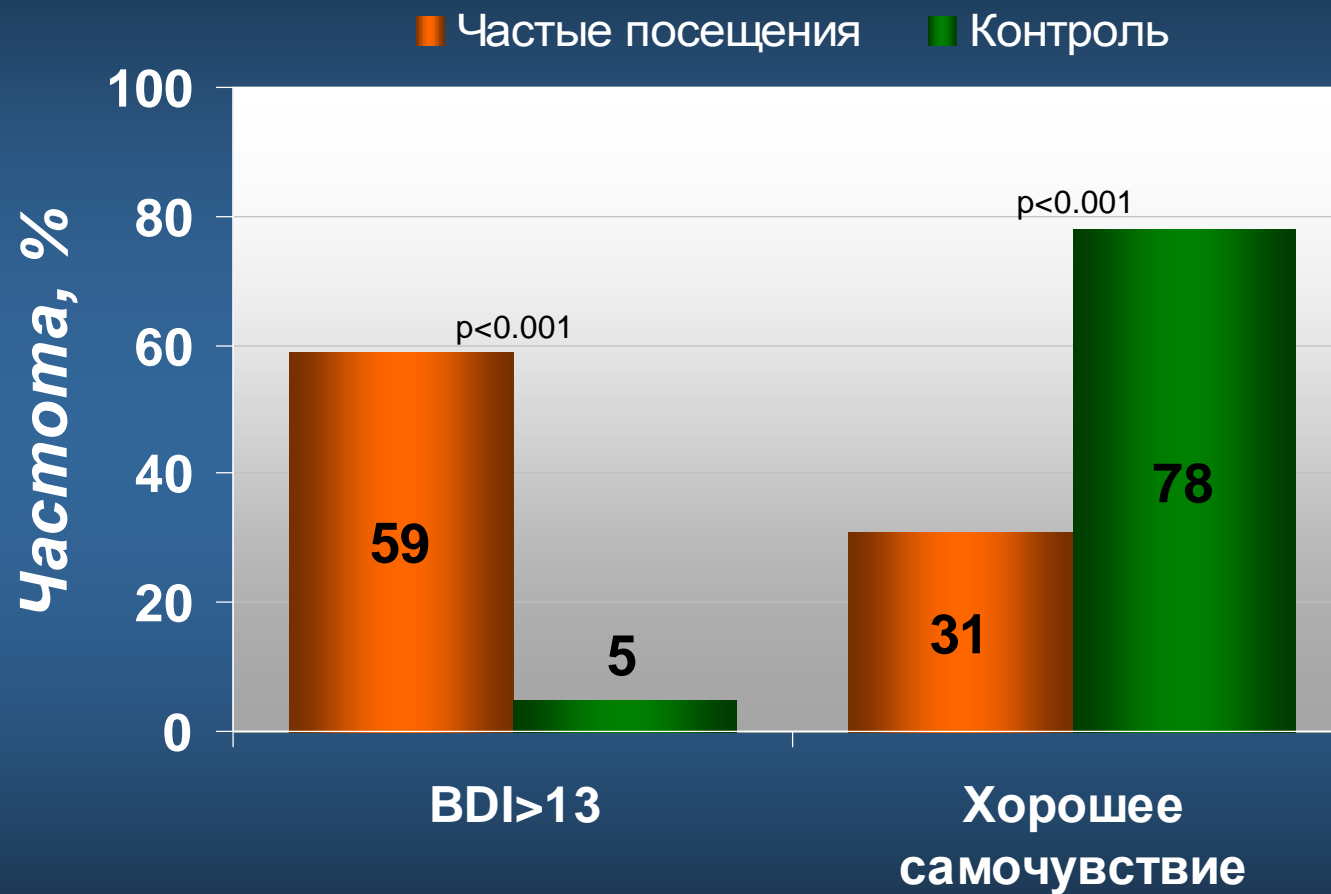
Антидепрессанты и боль

- Первичная головная боль
- Диабетическая нейропатия
- Фибромиалгия
- Хронические боли
- Синдром раздраженного кишечника
- *Возможно лечение*
 - *Функциональные диспепсии*
 - *Неспецифические кардиалгии ...*

Тезис 11

Пациенты с психическими расстройствами часто посещают врачей-терапевтов.

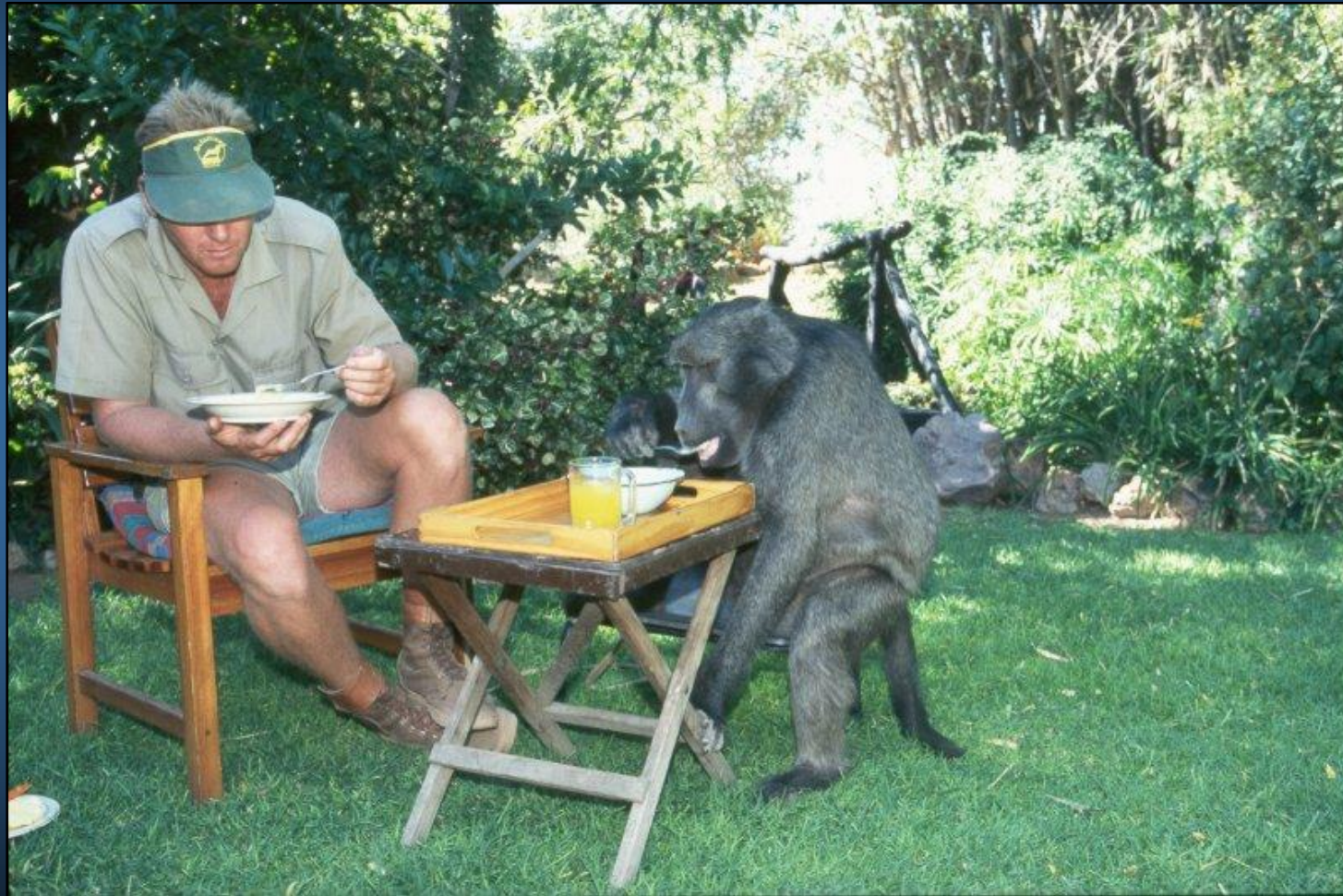
Депрессия и посещения врачей



Тезис 12

Врачи–терапевты могут и должны выявлять и лечить нетяжелые психические расстройства у пациентов с соматическими болезнями.

Отношение психиатров и психотерапевтов к интернистам



Терапевт или психиатр? Диагностика.



Терапевт или психиатр? Лечение.



Неадекватные дозы антидепрессантов

Не было различий в эффективности!



Спасибо за внимание!