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Nota di contenuto	Foreword -- Flammer syndrome in the global context – The “U-Shape” of Health Risks -- General lessons learned from Flammer syndrome -- Flammer syndrome-affected individuals may be predisposed to associated pathologies early life: Psychological and psychiatric aspects -- Flammer syndrome and eye disorders: Psychological aspects of visual impairment -- Flammer syndrome and eye disorders -- Multiomic signature of glaucoma predisposition in Flammer syndrome affected individuals – Innovative PPPM strategies in disease management -- Interrelation between Dry Mouth and Flammer Syndromes: Neglected Risks in Youth and New Concepts of Personalised Prevention -- Specific symptoms of Flammer syndrome in women suffering from vaginal dryness: individualised patient profiles, risks and mitigating measures -- Relevance of Flammer syndrome for the “Sleep-Wake” rhythm: possible mechanisms, risks and preventive strategies -- Flammer syndrome and autoimmune inflammatory conditions of the central nervous system – multifactorial interrelations -- “Young Stroke” risks may be potentially linked to the Flammer syndrome phenotype: Facts and hypotheses -- Flammer and Sjögren

syndromes: What and why may be in common?- Flammer syndrome in the context of healing impairments – Facts and hypotheses for multi-professional consideration -- Feeling cold and other underestimated symptoms of Flammer syndrome in breast cancer diagnostics: Is innovative screening on the horizon?- Relevance of Flammer syndrome phenotype for metastatic breast cancer: Risks by pre-metastatic systemic hypoxic environment -- Individualised patient profile: Risk assessment by the patient's self-report and potential clinical utility of Flammer syndrome phenotype -- Triple-negative breast cancer with pronounced Flammer syndrome phenotype -- Suboptimal health status and cardiovascular deficits -- Flammer syndrome, disordered eating and microbiome: interrelations, complexity of risks and individual outcomes -- Nutritional approach to the common symptoms of Flammer syndrome -- Positive effects of acupuncture benefiting individuals with Flammer syndrome and associated pathologies -- Index.

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## Sommario/riassunto

Unmet healthcare needs of young populations and individuals in suboptimal health conditions are the key issue of currently observed epidemics of non-communicable disorders. Moreover, an unprecedented decrease in the average age of onset of these disorders is recorded. The majority of non-communicable disorders carry a chronic character by progressing over a couple of years from a reversible suboptimal health condition to irreversible pathology with collateral complications. The time-frame between both conditions is the operational area for predictive diagnosis and identification of persons at risk by innovative screening programmes followed by the most cost-effective personalised treatment possible, namely primary prevention tailored to the person. The book propagates the paradigm change from delayed, costly but frequently ineffective medical services to the holistic approach by predictive, preventive and personalised medicine clearly demonstrating multifaceted benefits to the individual, healthcare sector and society as a whole. The book is focused on the needs of young people: teenagers, adolescents and young adults; regardless of the age, individuals in suboptimal health conditions, who are interested in remaining healthy by optimising their modifiable risk factors – both endogenous and exogenous ones; several patient cohorts demonstrating similar phenotype of Flammer syndrome. The book is based on the multi-professional expertise, scientific excellence and practical experiences of the world-acknowledged experts in Flammer syndrome, predictive diagnostics, targeted prevention and personalised medicine, amongst others. The topic of this book is particularly relevant to general practitioners, experts in non-communicable diseases, phenotyping, genotyping, multilevel diagnostics, targeted prevention, personalised medicine, as well as the readers interested in advancing their health literacy.

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