

1. Record Nr.	UNINA9910647773103321
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Titolo	Early trauma as the origin of chronic inflammation : a psychoneuroimmunological perspective // Rainer H. Straub
Pubbl/distr/stampa	Berlin, Germany : , : Springer, , [2023] ©2023
ISBN	9783662667514 9783662667507
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (267 pages)
Disciplina	616.0473
Soggetti	Inflammation Psychic trauma in children Psychoneuroimmunology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Long shadows of early trauma - take a close look! -- What is childhood psychological trauma? -- Follow-up problems after early traumatic experiences -- Chronic immune activation -- Energy, early traumatic experiences and chronic immune activation.
Sommario/riassunto	The aim of the book is to sensitize physicians and researchers to the important long-term health effects of early, persistent, and severe trauma. The author, an internist, rheumatologist, and basic researcher in psychoneuroimmunology, shows connections between adverse childhood experiences and typical adult sequelae. After early traumatic experiences and childhood stress, there is a higher incidence of mental illness, chronic pain, sleep disorders, dental problems, obesity, cardiovascular disease, asthma, diabetes mellitus and chronic inflammation. A selection of diseases unmistakably demonstrate the long-term consequences of early childhood trauma. These childhood experiences create a kind of long-term programming that has a negative effect in adulthood. From his psychoneuroimmunological perspective, Rainer Straub identifies four factors that link the brain to the immune system and are involved in chronic immune activation: direct connectors originating in the brain, indirect connectors

functioning through hormonal and neuronal pathways, extracorporeal (the environmental factors) and pleiotropic (genetic factors) connectors. The author Prof. Rainer H. Straub, MD, is Professor of Experimental Medicine and is rheumatologist. He heads the Laboratory of Experimental Rheumatology and Neuroendocrine Immunology, Department of Internal Medicine at the University Hospital Regensburg. His nonfiction books "Understanding Aging, Fatigue, and Inflammation" (2018) and "Three Memories for the Body" (2020) have been published by Springer. The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.

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