



# **Handbook of Stress Medicine: An Organ System Approach**

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Psychological stress is often overlooked by medical doctors as a major factor in physiologically based illness; however, clinical studies show that stress has a vital impact on both the mental and physical well-being of patients. *Handbook of Stress Medicine: An Organ System Approach* focuses on the relationship between stress and the physiology and pathology of the major organ systems of the body. It suggests that understanding how stress impacts on illnesses can help hold down medical costs through more accurate diagnoses and promote improved preventative care.

Section I offers a general background on stress as it relates to medicine and the difficulties in conducting stress-related research. The primary focus of the text, how stress effects specific organ systems, is examined using scientific and clinical data in Section II. The third section addresses the impact of stress on important medical problems of current interest, such as AIDS, cancer, and substance abuse. It also discusses anxiety disorders. The next section covers topics related to stress, such as stress measurement, stress in the workplace, and the psychodynamics of stress. The final section explores the major pharmacological and non-pharmacological approaches to the treatment of stress and anxiety disorders.

This book will assist physicians, psychologists, nurses, physical therapists, and other health care professionals recognize possible stress-related problems, educate their patients, and develop therapeutic strategies for reducing stress and stress-related illnesses.



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