INNOVATIVE PSYCHOSOMATIC MARKERS IN PRE-REHABILITATION OF NON-COMMUNICABLE DISEASES

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Vascular rhythms and blood fatty acids are two critical factors that significantly impact on health. Abnormalities in the circadian variability of blood pressure and heart rate are impossible to detect in a classic office visit, yet can raise the cardiovascular disease risk (gauged by the occurrence of a morbid event over the next 6 years) from 6% to 100%. These risks (notably the risk of circadian hyper-amplitude tension or CHAT) can usually be reduced through chronobiological approach, with or without pharmacological support. The proportion of omega-6 highly unsaturated fatty acids or HUFA in tissue is a surrogate endpoint in successful primary prevention of coronary heart disease or CHD. The status of omega-6 HUFA helps predict the likely risk of a fatal event. This information is a clear indication of personal risk and also an direction for well focused-nutritional advice. People with more than half of their HUFA as omega-6 are at a greater risk of death from CHD than those with less than half. The two factors in pre-rehabilitation of non-communicable diseases and preventive personalized medicine are aimed at: target variability, enhance performance and detect pre-metabolic syndrome (pMS).