

**MEDICINA VIITORULUI SI SĂNĂTATEA PUBLICĂ****FUTURE MEDICINE AND PUBLIC HEALTH****Daniela MOTOC****Facultatea de Medicină, Farmacie și Medicină Dentară****Universitatea de Vest „Vasile Goldiș” din Arad****Abstract**

*“Stressology, Adaptology and Mental Health” , written by Sorin Riga, MD, PhD, DHc, and Dan Riga, MD, PhD, DHc, Directors of the Department of Stress Research and Prophylaxis, from “Al Obregia” Clinical Hospital of Psychiatry Bucharest, is a monograph of excellence in a growing field of great interest and represents a progress in the future medicine and personalized health. The book is a premiere performance in Romanian medicine, an asset for physicians, psychologists, psychotherapists, sociologists, specialists in mental and public health, for all those interested and involved in promoting healthy life patterns.*

**Cuvinte cheie:** *lobalizarea stresului, medicina stresului, tulburari stress-dependente, daptare, capacitatea de a face față, tulburări de adaptare, ănatate mintală, sănătate publică, longevitate, terapii moderne anti-stres.*

**Key words:** *tress globalization, stress medicine, stress-related disorders, adaptation, coping, adjustment disorders, ental health, public health, longevity, modern anti-stress therapies.*

“Stressology, Adaptology and Mental Health” (1), published by Cartea Universitara Press, Bucharest, 2008, was written by Sorin Riga, MD, PhD, DHc, and Dan Riga, MD, PhD, DHc, Directors of the Department of Stress Research and Prophylaxis, from “Al Obregia” Clinical Hospital of Psychiatry, Bucharest. It is a monograph of excellence in a growing field of great interest, based on the authors experience and work in the stress and anti-aging medicine.

The first part, “Stressology” starts with presenting Hans Selye’s concepts about stress, adaptation and health. From a physiological and adaptive perspective, stress can be defined as the aggression by the environment on the human body, together with the specific adaptation mechanisms and nonspecific, neuro-endocrine ones, leading to increase the individual’s resistance and to prevent morphological and physiological abnormalities, which may generate pathological states. Under normal circumstances the psycho-neuro-endocrine systems permit the individual to react appropriately to stressors, allowing the adaptation to the conditions induced by the stressors. From a global and comprehensive perspective, stress encompasses the socio-psycho-medical dimension regarding the impact of stress in society, the relationship mental health – stress, the ontogenetic dimension and the field of prevention/therapy. The book presents relevant data regarding the international progress in stressology, as well as aspects of the advanced Romanian researches, both in stress and anti-aging medicine. The authors scientific contribution in the area of psychopharmacotherapy of stress and adaptation is impressive and well recognized internationally. The recent brain researches - at macromolecular, metabolic, subcellular, cellular and tissual levels, through advanced neuro-scientific techniques – are the background for the concepts, innovations and anti-stress therapies, as well as of improved adaptation and longevity, areas well presented by the authors. The phenomenon of stress is evaluated from various perspectives: the stressors, stress responses, the psychiatric and psychosomatic stress-dependent disorders. Numerous scales, questionnaires and clinical algorithms, useful in stress research, are discussed in stress diagnosis and evaluation, in both medical practice and in health systems services. Acute and chronic stress-related disorders are connected with clinical descriptions and guidelines of international

classifications (ICD-10, WHO, Geneva, 1992 and DSM-IV-TR, APA, Washington, DC, 2000). In the end of this section, the authors analyze psychosomatic disorders and medicine.

The second part of the monograph, "Adaptology" reviews the binomial relationship distress – eustress, homeostatic concepts, and adaptation mechanisms, to formulate growth strategies of the bio-psycho-social resistance and the individual's capability to adapt. It also presents allostasis, vitality and vulnerability of human being. The General Adaptation Syndrome and its pathology, the individual's ability to cope (coping/anti-stress mechanisms), the behavior with its typology and abnormalities are aspects approached with the most recent information in the field, filtered through the authors' vast knowledge and experience. Their original contribution, the entropic cascade (distress – impairment – aging – polypathology) is the foundation for a new paradigm in medicine – both prophylactic and therapeutic, leading to new perspectives in lifestyle, health and longevity management. The authors have valuable researches and results in oxidative stress, diseases of the free radicals, senescence: anti-stress, anti-impairment and anti-aging therapy (Antagonic-Stress®).

Last part, "Mental Health", presents aspects of mental health policies, their institutionalization and organization at national and international levels, through specialized structures. The concept of mental health is defined and analyzed in an integrative and dynamic vision, as part of the "health-mental health" binomial, as expression of the quality of individual life and quality of the society at economic, administrative and social planes. In the chapter on health and longevity management, the authors offer solutions, elaborating pro-health and pro-longevity strategies, ways for the individual to optimize his/her relationship with himself/herself and with the outside world (physical and psychical activation and rebuilding, emotional- cognitive-volitive-behavioral therapy, learning healthy lifestyles, anti-stress and anti-aging programmes).

The book is a premiere performance in Romanian medicine, a reference work in the field, from theoretical, fundamental, experimental to applied clinical perspectives and medical sociology. In a concise, impressive and very well structured presentation, with an actual bibliography for each chapter, the authors offer new concepts and strategies, modern studies in depth, of great use in teaching and research, as well as numerous diagnostic and therapeutic tools, useful in medical practice. Therefore, drs. Riga's contribution represents a progress in the future medicine and personalized health. This monograph is an asset for physicians, psychologists, psychotherapists, sociologists, specialists in mental and public health, for all those interested and involved in promoting healthy life patterns.

### **Bibliografie**

1. Sorin Riga, Dan Riga, *Stressology, Adaptology and Mental Health*, Cartea Universitara Press, Bucharest, 2008 (Sorin Riga, Dan Riga, *Stresologie, adaptologie și sănătate mintală*, Ed. Cartea Universitară, București, 2008).

