

Hepatitis C Choices in Care

Cathedral Hill Hotel
July 15-16, 2006
San Francisco, California


Hepatitis C Caring Ambassadors Program

Mind-Body Interactions in Health & Disease Session Four

Misha Ruth Cohen, OMD, L.Ac.
Assistant Researcher in Integrative Medicine, UCSF
Education/Research Chair, Quan Yin Healing Arts Center
Clinic Director, Chicken Soup Chinese Medicine

Thanks to Dr. Lyn Patrick for research and slides


Hepatitis C Caring Ambassadors Program

Mind-Body Interactions

"During the past 30 years, there has been a powerful scientific movement to explore the mind's capacity to affect the body and to rediscover the ways in which it permeates and is affected by all of the body's functions.

This movement has received its impetus from several sources. It has been spurred by the rise in incidence of chronic illnesses--including heart disease, cancer, depression, arthritis, and asthma--which appear to be related to environmental and emotional stresses.

The prevalence, destructiveness, and cost of these illnesses have set the stage for the exploration of therapies that can help individuals appreciate the sources of their stress and reduce that stress by quieting the mind and using it to mobilize the body to heal itself."

Alternative Medicine: Expanding Medical Horizons, A Report to the National Institutes of Health on Alternative Medical Systems and Practices in the United States 1992.


Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Common Examples

- Stomach ache with anxiety
- Dizziness in front of groups
- Headache when stressed
- Dry mouth when upset
- Sweating when anxious
- Inability to remember words in stressful situations
- Strong smells/chemicals can affect cognition


Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Placebo Symptoms

- Studies show that in virtually any disease, roughly one-third of all symptoms improve when patients are given a placebo treatment without drugs.
- In one controlled study by the British Stomach Cancer Group, 30% of the control (placebo-treated) group lost their hair, and 56% of the same group had "drug-related" nausea or vomiting.

Allum WH. Lancet. 1998;1(8638):571-4.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Stress of Loss

- In the United States, 700,000 people aged 50 or older lose their spouses annually.
 - Of these, 35,000 die during the first year after the spouse's death.
- Researcher Steven Schleifer of Mount Sinai Hospital, New York, calculates that 20%, or 7,000, of these deaths are directly caused by the loss of the spouse.

Lynch. JP. The Broken Heart: The Medical Consequences of Loneliness.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Stress of Loss

In study after study, the mortality of the surviving spouse during the first year of bereavement has been found to be 2-12 times that of married people the same age.



Hepatitis C Caring Ambassadors Program

Types of Stress

ENVIRONMENTAL

- Intense heat/cold
- Noise
- Toxic exposure
- Disrupted light cycles

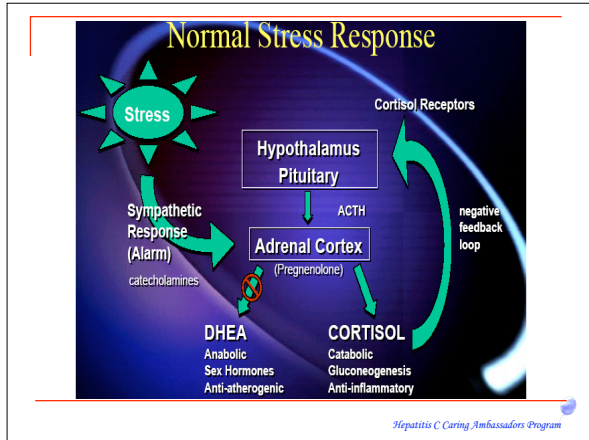
PHYSIOLOGICAL

- Starvation
- Infection
- Poor sleep
- Excess exercise
- Pain
- Hypoglycemia
- Inflammation

MENTAL

- Fear/anxiety/worry
- Depression

Hepatitis C Caring Ambassadors Program



Cortisol: the Stress Hormone

- Only hormone that increases with age
- Elevates blood glucose by up to 50% may induce insulin resistance
- Stimulates gluconeogenesis
upregulates production of enzymes used in hepatic gluconeogenesis
mobilizes free serum amino acids from muscle catabolism

Hepatitis C Caring Ambassadors Program

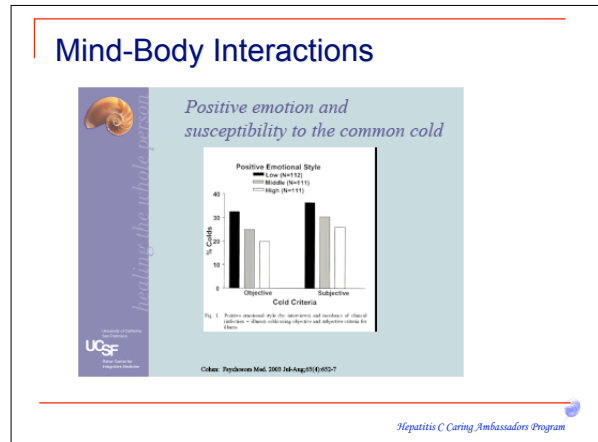
Mind-Body Interactions

Effect of Chronic Stress

Signs & Symptoms	Immune Suppression
Intermittent Fatigue	↓ Secretory IgA
Irritability	↑ Antigen penetration
Dysglycemia (hypoglycemic symptoms)	↑ IgG
Sleep disturbance	↓ NK cell activity
Central obesity	↓ IL-2
	↑ Osteoporosis Risk
	↓ Sex hormones

©2000 GSDL

Hepatitis C Caring Ambassadors Program



Mind-Body Interactions Sleep and Stress

American Cancer Society studied the health habits of over 1 million Americans.

- Over 6 years, they identified all the people who had died during that period.
- Out of all the factors they studied (exercise, smoking, nutrition, etc.) the one factor that had the most significant tie to mortality was **SLEEP**.

J Womens Health. 1998;7(10):1205-10.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Sleep and Stress

- The highest mortality rates for ALL AGES were for those who slept 4 or less hours per night and those who slept 9-10 hours or more each night.
- The lowest mortality rates were for those who said they consistently slept 8 hours per night.

Hepatitis C Caring Ambassadors Program

Sleep Deprivation or Why Did the Exxon Valdez Crash?

- 30-40 million Americans suffer from serious sleep deprivation.
- Sleep studies show we need about 8 hours every night.
 - each lost hour accumulates a sleep debt
- In sleep studies, catching up on sleep debt necessitates 20-30 hours of straight sleeping.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Sleep and the Immune System

Sleep researchers believe that many cases of "influenza" are really sleep deprivation because it can result in:

- stomach upset
- increased sensitivity to pain: muscle, joint, head
- These symptoms will go away with a deep sleep.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Sleep and the Immune System

- Sleep deprivation increases cortisol production, which suppresses the immune system and contributes to insulin resistance.
- Subjects in a sleep study who stayed up until 3 AM had a 30% drop in natural killer cells – the immune cells that protect us against viral infections and cancer.

J Am Coll Nutr. 2004;23(6):637-46.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Stress, Sleep and Mood in HCV

- Approximately 35-50% of individuals with cirrhosis report having sleep-related difficulties.
- Sleep disorders with cirrhosis vary and include:
 - being tired all day, yet awake all night
 - erratic sleeping habits characterized by days of excessive sleep (hypersomnia) alternating with days of lack of sleep (insomnia)

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Sleep Disorders, Depression & HCV

- Those with cirrhosis and unsatisfactory sleep (47%) show higher scores for depression and anxiety.
- Unsatisfactory sleep in cirrhosis was associated with delayed bedtime, delayed wake-up time, and waking up at night.

Hepatology 1998;27: 339-345.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Why is Sleep So Important?

- Alterations in the body's production of melatonin (a substance produced by the pineal gland and is involved in the sleep cycle) is one possible cause.
- Medications: interferon, ribavirin, prednisone, propranolol, and others are associated with insomnia.
- Caffeine, nicotine, and alcohol consumption may contribute to disturbed sleep habits.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Depression & Mood Changes in HCV

- Some recent research suggests that fatigue may be more likely related to the psychological symptoms rather than to the physiological effects of HCV.
- Fatigue is not related to the level of liver damage, but strongly related to the levels of depression, anxiety, interpersonal sensitivity, and hostility.

J Gastroenterol Hepatol 2002;17(2):171-6.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Brain and Cognitive Function in HCV

- Difficulty paying attention, understanding and memory loss may be directly related to the virus and its ability to affect the brain.
- Changes in the biology of the brain are detectable in hepatitis C similar to HIV infection, but different in that they do not appear to progress.

Journal of Viral Hepatitis 2003;10:81-86.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Emotional Symptoms of Depression

- Sadness throughout the day, nearly every day
- Loss of interest in or enjoyment of favorite activities
- Feelings of emptiness or hopelessness
- Feeling stressed, nervous, or overwhelmed
- Trouble concentrating or making decisions
- Feelings of worthlessness
- Excessive or inappropriate feelings of guilt
- Irritability or restlessness
- Thoughts of death or suicide

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Physical Symptoms of Depression

- Fatigue or lack of energy
- Sleeping too much or too little
- Change in appetite or weight
- Aches and pains
- Headache
- Back pain
- Digestive problems
- Dizziness

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Interferon and Depression

- Up to 60% of those on interferon and ribavirin experience depression as a side effect, whether or not previously depressed
- This depression can be serious and symptoms need to be communicated to your health care provider.
- Prior to beginning interferon treatment it is important to have a psychological and/or psychiatric evaluation whether or not previously depressed or anxious

Hepatitis C Caring Ambassadors Program

How Do You Feel?

Score the following symptoms in terms of how often they occur.

Never = 0

Sometimes = 1

Frequently = 2

Always = 3

Hepatitis C Caring Ambassadors Program

How Do You Feel?

1. I have a loss of appetite.
2. I have a loss of sleep.
3. I have a loss of energy.
4. I have a problem with poor concentration.
5. I have trouble making decisions.
6. I have suicidal thoughts or gestures
7. I feel hopeless about my future.
8. I feel worthless.
9. I have feelings of guilt and low self esteem.
10. I have lost interest or enjoyment in activities.

Hepatitis C Caring Ambassadors Program

Scoring: How Do You Feel?

- **If your score is 1-10**
Your score indicates that you are experiencing normal to mild depression.
- **If your score is 11-20**
Your score indicates that you are experiencing mild to moderate mood disturbances.
- **If your score is 21-30**
Your score indicates that you are experiencing severe depression.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions What Works for Depression?

- counseling
- exercise
- yoga
- medication
- stress management
 - meditation
 - visualization, imagery, relaxation

Alternative Medicine: Expanding Medical Horizons. A Report to the National Institutes of Health on Alternative Medical Systems and Practices in the United States 1992.

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions What Works for Depression?

- Acupuncture
- Herbal medicine
- Qi Gong -- breathing and movement
- Tai Ji
- Aerobic exercise
- Support groups

Gallagher, S. M. Allen, J. J. B. Hill, S. K. Schnyer, R. N. Manber, R. Six-month depression relapse rates among women treated with acupuncture. COMPLEMENTARY THERAPIES IN MEDICINE, 2001, VOL 9, PART 4, pages 216-218
National Center for Complementary and Alternative Medicine. St. John's Wort and the Treatment of Depression. National Center for Complementary and Alternative Medicine Web site. Accessed June 30, 2005

Gaik FV. Merging East and West: A preliminary Study Applying Spring Forest Qigong to Depression as an Alternative and Complementary Treatment. A Dissertation Study Adler School of Professional Psychology 65 East Wacker Place, Chicago, IL. Published in 2003

Hepatitis C Caring Ambassadors Program

Mind-Body Interactions Why Use Mind/Body Interventions?

These practices have been found to:

- stimulate immunity
- lower anxiety
- improve sleep quality
- decrease fatigue
- reduce pain

Szegedi et al., BMJ 330 (7490) 503. Acute treatment of moderate to severe depression with hypericum extract WS 5570 (St John's wort): randomised controlled double blind non-inferiority trial versus paroxetine

Shen J. J Altern Complement Med. 2001;7 Suppl 1:S121-7; Research on the neurophysiological mechanisms of acupuncture: review of selected studies and methodological issues.

Hepatitis C Caring Ambassadors Program