

Περίληψη άρθρου

Οι φλεγμονώδεις νόσοι του εντέρου, δηλαδή η ελκώδης κολίτιδα και η νόσος του Crohn είναι νόσοι π

Η δραστηριότητα της φλεγμονώδους νόσου του εντέρου συνδέεται στενά με ψυχολογικά συμπτώματα. Έχει παρατηρηθεί ότι υπάρχει εντονότερο άγχος στους ασθενείς με φλεγμονώδη νόσο του

εντέρου κατά τη διάρκεια της έξαρσης των συμπτωμάτων της νόσου [1, 2]. Μια μελέτη σε ασθενείς με **ελκώδη κολίτιδα** κατέληξε στο συμπέρασμα ότι, η ενδοσκοπικά επιβεβαιωμένη ενεργή φλεγμονή του βλεννογόνου σχετίζεται με περισσότερο ψυχολογικό στρες [3]. Γιαυτό παίζει ρόλο ο έλεγχος της φλεγμονής, τόσο για τη σωματική, όσο και για την ψυχολογική ευεξία των



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Αικατερίνη Γκέλη

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Ακτινοδιαγνώστρια

με ιδιαίτερο ενδιαφέρον

στην Ιατρική Διατροφολογία,

Ακτινοδιαγνωστική και

Υπερηχογραφική

Διαγνωστική,

Περιβαλλοντική Ιατρική,

Συμπληρωματική Ιατρική.

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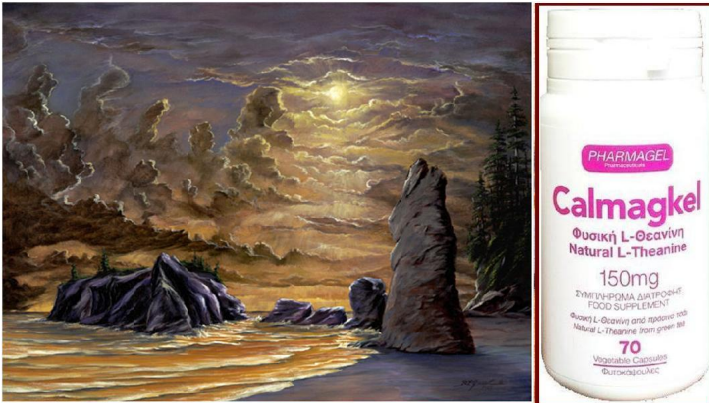
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L-θειανίνη [Calmagkel]

Η L-θεανίνη (γ-γλουταμιλαβουλαμίδιο) είναι, ένα αμινοξύ στο πράσινο τσάι, το οποίο, έχει αποδειχθεί ότι επηρεάζει τις εγκεφαλικές λειτουργίες, ανακουφίζοντας τις διαταραχές του στρες, βελτιώνοντας τη την ψυχική διάθεση, καταστέλλοντας το άγχος και αποκαθιστώντας την ομαλή λειτουργία του ύπνου, χωρίς να προκαλεί υπνηλία ή άλλες παρενέργειες.

Η L-θεανίνη μπορεί να συμβάλει στη βελτίωση της προσοχής, ενισχύοντας έτσι τη λειτουργική μνήμη και τις εκτελεστικές λειτουργίες.

Το Calmagkel είναι συμπλήρωμα διατροφής, η κάθε κάψουλα του οποίου περιέχει 150mg θειονίνης. Η συνήθης δόση του Calmagkel είναι 1-3 κάψουλες ημερησίως.

1. **Genetic factors**: Family history, inherited mutations (e.g., BRCA1/2 for breast cancer, APC for colon cancer).
 2. **Lifestyle factors**: Diet (high fat/salt, low fiber), physical inactivity, smoking, alcohol consumption.
 3. **Environmental factors**: Exposure to carcinogens (e.g., asbestos, UV radiation, air pollution).
 4. **Immunological factors**: Chronic inflammation, autoimmune diseases.
 5. **Hormonal factors**: Hormone therapy, reproductive history (e.g., early menarche, late menopause for breast cancer).
 6. **Infectious factors**: Certain viruses (e.g., HPV for cervical cancer, Hepatitis B/C for liver cancer).
 7. **Age**: Risk generally increases with age for most common cancers.
 8. **Sex**: Some cancers are more prevalent in one sex (e.g., prostate cancer in men, ovarian cancer in women).
 9. **Race/Ethnicity**: Certain cancers have higher prevalence in specific racial or ethnic groups (e.g., higher rates of prostate cancer in African Americans, higher rates of stomach cancer in East Asians).
 10. **Obesity**: A significant risk factor for several cancers, including endometrial, breast, and colorectal cancer.
 11. **Reproductive factors**: For women, factors like parity (number of births) and age at first birth can influence the risk of certain cancers.
 12. **Chronic conditions**: Long-term conditions like Crohn's disease or ulcerative colitis can increase the risk of colorectal cancer.
 13. **Medication use**: Some medications, like hormone replacement therapy, can influence cancer risk.
 14. **Occupational factors**: Certain jobs involve exposure to carcinogenic substances.
 15. **Family history**: Having first-degree relatives with certain cancers can increase an individual's risk.
 16. **Immunosuppression**: Weakened immune system, either from disease or medication, can increase cancer risk.
 17. **Birth control**: Long-term use of oral contraceptives is associated with a slightly increased risk of certain cancers, but a decreased risk of others.
 18. **Screening history**: Lack of regular screening (e.g., mammograms, colonoscopies) can lead to later-stage diagnoses.
 19. **Comorbidities**: The presence of other health conditions can sometimes increase the risk of developing cancer.
 20. **Genetic predisposition**: Specific gene mutations can significantly increase the risk of certain cancers, often at a younger age.
 21. **Environmental pollution**: Air and water pollution can contribute to the development of various cancers.
 22. **Dietary changes**: Shifts in diet, such as increased consumption of processed meats, can influence cancer risk.
 23. **Physical activity**: Regular exercise is associated with a lower risk of several types of cancer.
 24. **Alcohol consumption**: Excessive alcohol intake is a known risk factor for liver, breast, and colorectal cancers.
 25. **Tobacco use**: Smoking is a major risk factor for lung, pancreatic, and many other cancers.
 26. **UV radiation**: Overexposure to ultraviolet light is a primary cause of skin cancer.
 27. **Asbestos exposure**: A well-known risk factor for mesothelioma and lung cancer.
 28. **Radon exposure**: A leading cause of lung cancer, particularly in non-smokers.
 29. **Chemical exposure**: Contact with certain industrial chemicals and pesticides can increase cancer risk.
 30. **Infectious agents**: Beyond viruses, certain bacteria and parasites are also linked to cancer development.
 31. **Chronic inflammation**: Persistent inflammation in the body can create an environment conducive to cancer.
 32. **Autoimmune diseases**: These conditions can increase the risk of certain cancers, possibly due to chronic inflammation or immunosuppression.
 33. **Hormone therapy**: The use of hormones to treat various conditions can influence the risk of certain cancers.
 34. **Reproductive history**: Factors like age at first birth and number of children can influence the risk of breast and ovarian cancers.
 35. **Obesity**: A complex factor that influences the risk of multiple cancer types through various mechanisms.
 36. **Chronic conditions**: Long-term health issues can sometimes lead to an increased risk of cancer.
 37. **Medication use**: Certain drugs, while beneficial for other conditions, can also have side effects that increase cancer risk.
 38. **Occupational factors**: Jobs involving exposure to carcinogens or other hazardous substances.
 39. **Family history**: A key factor in identifying individuals at higher risk for certain cancers.
 40. **Immunosuppression**: A state of reduced immune response that can allow cancer cells to develop more easily.
 41. **Birth control**: The use of hormonal contraceptives and its associated risks for different cancer types.
 42. **Screening history**: The impact of regular medical check-ups and early detection on cancer outcomes.
 43. **Comorbidities**: How existing health conditions can interact with or exacerbate cancer risk.
 44. **Genetic predisposition**: The role of inherited genes in determining an individual's susceptibility to cancer.
 45. **Environmental pollution**: The contribution of air, water, and soil contaminants to cancer development.
 46. **Dietary changes**: The impact of modern eating habits on the prevalence of certain cancers.
 47. **Physical activity**: The protective effects of exercise against various types of cancer.
 48. **Alcohol consumption**: The dose-dependent relationship between alcohol intake and cancer risk.
 49. **Tobacco use**: The extensive list of cancers caused by smoking and the benefits of quitting.
 50. **UV radiation**: The importance of sun protection in preventing skin cancer.
 51. **Asbestos exposure**: The long-term health consequences of asbestos, particularly regarding lung and mesothelioma.
 52. **Radon exposure**: The often-overlooked risk of radon gas in homes and its link to lung cancer.
 53. **Chemical exposure**: The potential dangers of pesticides, industrial chemicals, and other environmental toxins.
 54. **Infectious agents**: The role of various pathogens in the development of cancer.
 55. **Chronic inflammation**: The connection between persistent inflammation and the promotion of cancer cells.
 56. **Autoimmune diseases**: The complex interplay between autoimmune disorders and cancer risk.
 57. **Hormone therapy**: The benefits and risks of hormone treatment, particularly in the context of cancer prevention and treatment.
 58. **Reproductive history**: How a woman's reproductive choices and experiences can influence her cancer risk.
 59. **Obesity**: The multifaceted ways in which obesity contributes to an increased risk of cancer.
 60. **Chronic conditions**: The potential for chronic diseases to either protect against or increase the risk of cancer.
 61. **Medication use**: The careful consideration of medication side effects, including the potential for increased cancer risk.
 62. **Occupational factors**: The importance of workplace safety and health measures in minimizing cancer risk.
 63. **Family history**: The value of genetic counseling and family-based risk assessment in cancer prevention.
 64. **Immunosuppression**: The vulnerability of immunosuppressed individuals to various types of cancer.
 65. **Birth control**: The nuanced understanding of how different contraceptive methods affect cancer risk.
 66. **Screening history**: The critical role of early detection in improving cancer survival rates.
 67. **Comorbidities**: The need for a holistic approach to patient care, considering all health conditions.
 68. **Genetic predisposition**: The advances in genetic testing and its implications for cancer risk stratification.
 69. **Environmental pollution**: The ongoing research into the health impacts of modern environmental challenges.
 70. **Dietary changes**: The potential of diet as a powerful tool for cancer prevention and management.
 71. **Physical activity**: The growing emphasis on lifestyle interventions to reduce cancer risk.
 72. **Alcohol consumption**: The public health strategies aimed at reducing alcohol-related cancer burden.
 73. **Tobacco use**: The continued success of tobacco control measures in reducing cancer incidence.
 74. **UV radiation**: The importance of consistent sun protection practices for skin health.
 75. **Asbestos exposure**: The challenges of managing the long-term health legacy of asbestos exposure.
 76. **Radon exposure**: The efforts to increase awareness and testing for radon in residential settings.
 77. **Chemical exposure**: The regulatory challenges of managing a wide array of potential carcinogens.
 78. **Infectious agents**: The impact of vaccination and infection control on cancer prevention.
 79. **Chronic inflammation**: The emerging role of inflammation in cancer biology and prevention.
 80. **Autoimmune diseases**: The complex management of autoimmune conditions to minimize cancer risk.
 81. **Hormone therapy**: The personalized approach to hormone treatment based on individual cancer risk.
 82. **Reproductive history**: The integration of reproductive health with cancer risk assessment.
 83. **Obesity**: The comprehensive strategies for addressing obesity as a modifiable cancer risk factor.
 84. **Chronic conditions**: The importance of managing chronic diseases to reduce overall cancer risk.
 85. **Medication use**: The careful monitoring of medication side effects to prevent unnecessary cancer risk.
 86. **Occupational factors**: The role of occupational health and safety in cancer prevention.
 87. **Family history**: The ongoing importance of family-based cancer risk assessment.
 88. **Immunosuppression**: The specialized care needed for immunosuppressed patients to reduce cancer risk.
 89. **Birth control**: The informed choice of contraceptive methods based on individual health and cancer risk.
 90. **Screening history**: The commitment to regular screening as a cornerstone of cancer prevention.
 91. **Comorbidities**: The integrated management of multiple health conditions for optimal cancer risk reduction.
 92. **Genetic predisposition**: The future of precision medicine in cancer risk stratification and prevention.
 93. **Environmental pollution**: The global efforts to address environmental health challenges.
 94. **Dietary changes**: The promotion of healthy eating patterns as a key cancer prevention strategy.
 95. **Physical activity**: The encouragement of active lifestyles for overall health and cancer risk reduction.
 96. **Alcohol consumption**: The public health focus on reducing alcohol-related health burdens.
 97. **Tobacco use**: The continued success of tobacco control in reducing cancer incidence.
 98. **UV radiation**: The emphasis on sun safety and protection for skin health.
 99. **Asbestos exposure**: The management of asbestos-related health risks.
 100. **Radon exposure**: The importance of radon testing and mitigation in homes.
 101. **Chemical exposure**: The ongoing challenge of managing environmental chemical risks.
 102. **Infectious agents**: The role of infection control in preventing cancer.
 103. **Chronic inflammation**: The emerging insights into inflammation's role in cancer.
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