

Lumea virtuala are efecte reale
in dermatita atopica

Ghita Mihaela-Adriana



- 20 ani
- student la medicina
- dermatita atopica de la varsta de 5 ani
- alergic la acarieni



Dermatita/ Eczema atopica (dermatita mediata prin IgE)

Afectiune inflamatorie cutanata cu evolutie cronica prin exacerbari si remisiuni

Debutul in majoritatea cazurilor pana la varsta de 5 ani; asociata cu atopia

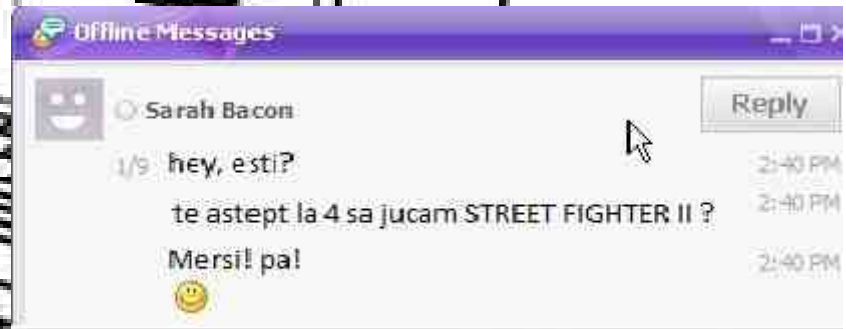
Criterii de diagnostic: prurit, eczema cu morfologia tipica si distributie in functie de varsta, atopia, xeroza cutanata, dermatografism alb

Stresul psihoemotional poate fi un factor de agravare/ exacerbare prin mecanisme neuroimunologice





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The new offline message window in Yahoo! Messenger 9.0

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Eur J Clin Invest. 2003 Jun;33(6):513-7.

Enhancement of allergic skin wheal responses in patients with atopic eczema/dermatitis syndrome by playing video games or by a frequently ringing mobile phone.

Kimata H.

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Abstract

BACKGROUND: Playing video games causes physical and psychological stress, including increased heart rate and blood pressure and aggression-related feelings. Use of mobile phones is very popular in Japan, and frequent ringing is a common and intrusive part of Japanese life. Atopic eczema/dermatitis syndrome is often exacerbated by stress. Stress increases serum IgE levels, skews cytokine pattern towards Th2 type, enhances allergen-induced skin wheal responses, and triggers mast cell degranulation via substance P, vasoactive intestinal peptide and nerve growth factor.

MATERIALS AND METHODS: (1). In the video game study, normal subjects (n = 25), patients with allergic rhinitis (n = 25) or atopic eczema/dermatitis syndrome (n = 25) played a video game (STREET FIGHTER II) for 2 h. Before and after the study, allergen-induced wheal responses, plasma levels of substance P, vasoactive intestinal peptide and nerve growth factor, and in vitro production of total IgE, antihouse dust mite IgE and cytokines were measured. (2). In the mobile phone study, normal subjects (n = 27), patients with allergic rhinitis (n = 27) or atopic eczema/dermatitis syndrome (n = 27) were exposed to 30 incidences of ringing mobile phones during 30 min. Before and after the study, allergen-induced wheal responses, plasma levels of

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STREET FIGHTER II



- 25 sub. cu rinita alergica (12 F, 13 B), 25 sub. cu dermatita atopica (13 F, 12 B) alergici la acarieni si polen de cedru, 25 sub. sanatosi (13 F, 12 B),
- Fara tratament 72 h
- STREET FIGHTER II (2 h)
- Masurarea raspunsului eritemato-papular la alergen , nivelul plasmatic de substanta P, VIP, NGF, IgE, citokine

Table 1 Effect of playing video games on skin wheal responses and plasma variables

	Normal		AR		AEDS	
	Before	After	Before	After	Before	After
Skin wheal (mm)						
HDM	0.0 (0.0)	0.0 (0.0)	8.2 (0.4)	8.4 (0.3)	8.4 (0.3)	12.6 (0.5)*
ICP	0.0 (0.0)	0.0 (0.0)	7.7 (0.3)	7.9 (0.3)	7.4 (0.3)	11.5 (0.5)*
Latex	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
Histamine	6.0 (0.2)	5.8 (0.2)	6.3 (0.2)	6.4 (0.2)	6.1 (0.2)	6.2 (0.2)
Control solution	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)
Plasma (pg mL ⁻¹)						
SP	43.4 (1.9)	41.9 (1.7)	55.2 (1.7)	58.4 (1.6)	79.3 (2.8)	132.4 (3.8)*
VIP	11.7 (0.5)	12.3 (0.6)	18.5 (0.9)	18.9 (0.9)	22.4 (0.9)	34.7 (1.1)*
NGF	129 (7)	120 (6)	612 (6)	629 (7)	1879 (79)	2893 (93)*

*Significant enhancement ($P < 0.001$)**Table 2** Effect of playing video games on *in vitro* production of IgE and cytokines

	<i>In vitro</i> production (ng mL ⁻¹)					
	Normal		AR		AEDS	
	Before	After	Before	After	Before	After
Total IgE	< 0.3	< 0.3	12.5 (0.5)	12.7 (0.6)	13.5 (0.6)	21.7 (0.7)*
Anti-HDM IgE	< 0.3	< 0.3	3.5 (0.2)	3.7 (0.2)	3.3 (0.2)	5.7 (0.3)*
IL-4	43 (2)	39 (2)	313 (12)	320 (15)	459 (14)	738 (25)*
IL-10	13 (1)	11 (1)	102 (7)	110 (7)	118 (7)	195 (10)*
IL-13	31 (2)	33 (2)	224 (10)	136 (10)	289 (10)	491 (15)*
IFN- γ	42 (3)	40 (3)	105 (4)	100 (2)	118 (4)	67 (3) [†]
IL-12	14 (1)	15 (1)	82 (2)	85 (2)	89 (3)	52 (2) [†]

*Significant enhancement ($P < 0.001$).[†]Significant reduction ($P < 0.001$).

- Rezultate:

Nici un efect asupra subiectilor sanatosi sau cu rinita alergica

Jocurile video au crescut semnificativ raspunsul eritemato-papulos la alergen si nivelurile plasmatiche de substanta P, VIP, NGF, IgE, citokine eliberate de Th2

- Concluzii:

Jocurile video pot agrava simptomele dermatitei atopice



?



Effect of Humor on Allergen-Induced Wheal Reactions

To the Editor: Norman Cousins¹ originally reported that only 10 minutes of laughter alleviated the pain of ankylosing spondylitis. Subsequently, it has been reported that laughter during a 60-minute humorous video decreased blood cortisol levels and increased natural killer activity in healthy subjects.² Another study reported that exposure to a 60-minute *rakugo* (traditional Japanese comic story) decreased blood levels of interleukin 6 and interferon γ and alleviated pain in patients with rheumatoid arthritis.³

Atopic dermatitis is a pruritic inflammatory skin disorder often associated with elevated allergen-specific IgE antibodies.⁴ I examined the effects of laughter on allergen-induced skin wheal responses in patients with atopic dermatitis.

Methods. After giving informed consent, 26 patients with atopic dermatitis (15 women and 11 men; mean age, 31 years; range, 21-58 years) were studied. All of the patients were allergic to house dust mites (*Dermatophagoides pteronyssinus*), and 23 and 21 patients were also allergic to cedar pollen and cat dander, respectively. The patients did not receive any medication for 72 hours prior to the study. Before and after viewing an 87-minute video (*Modern Times*, featuring Charlie Chaplin), skin prick tests were performed using commercial allergen extract and wheal size was measured 15 minutes later.⁴ The same procedure, but using only dust mite allergen, was then repeated before and after an 87-minute video featuring weather information.

responses are reported. Solid circles indicate mean values; vertical bars, SD.

Results. The wheal responses induced by house dust mite allergens were significantly ($P < .01$) reduced after viewing the humorous video (FIGURE), and this reduction was reversed after 4 hours but not after 2 hours (data not shown). Wheal responses to cedar pollen and cat dander were also significantly reduced after viewing the humorous video. The diameter (mean [SD]) of the wheal caused by cedar pollen was reduced from 8 (4) to 2 (2) mm ($n=23$) and that caused by cat dander from 7 (3) to 2 (2) mm ($n=21$). The wheal responses induced by house dust mite allergen were not significantly different before (11 [4] mm) or after (11 [5] mm) viewing the nonhumorous video.

Comment. This study is limited by the lack of blinding or randomization of crossover. Nonetheless, these results suggest that the induction of laughter may play some role in alleviating allergic diseases. The exact mechanism of reduction of wheal responses remains unknown.

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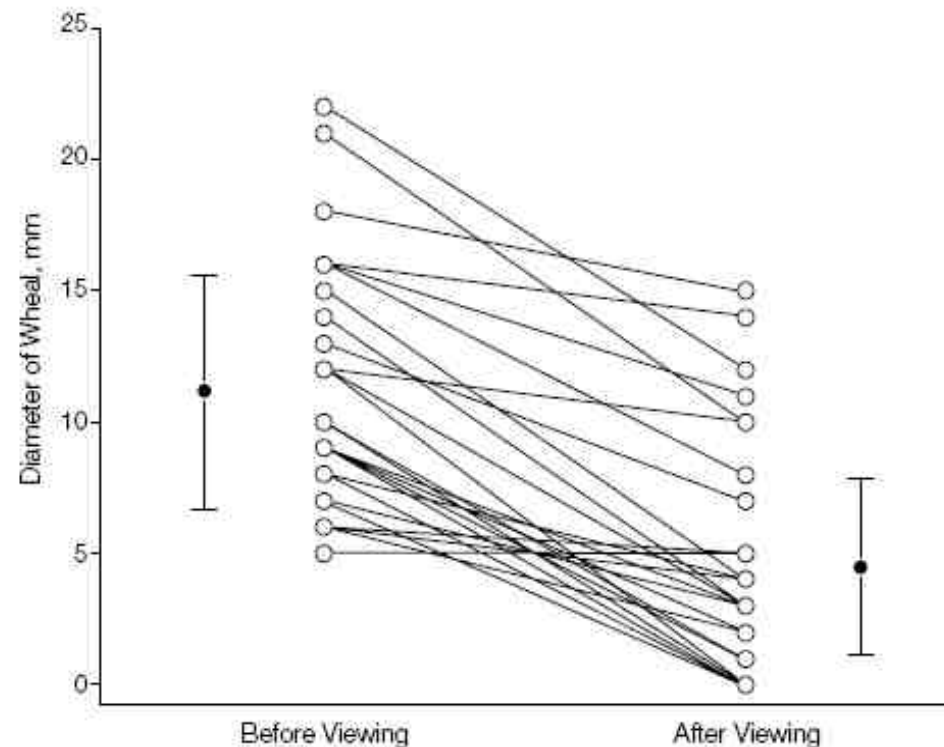
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3. Yoshino S, Fujimori I, Kohda M. Effects of mirthful laughter on neuroendocrine and immune systems in patients with rheumatoid arthritis. *J Rheumatol*. 1996;23:793-794.
4. Kimata H, Igarashi M. Inhibition of human allergic skin reactions *in vivo* by pre-treatment with cromolyn (disodium cromoglycate). *Allergy*. 1990;45:393-395.

Modern times



- 26 pacienti (15 F, 11 B) cu dermatita atopica alergici la acarieni,
- 72 h fara medicatie
- Prick-tests inainte si dupa '*Modern times*'
- Masurarea raspunsului inflamator cutanat
- Buletin meteo 87 min, Prick-tests

Figure. Effect of Laughter on Wheal Responses Induced by House Dust Mite Allergen



Wheal responses induced by house dust mite (*Dermatophagoides pteronyssinus*) allergen were studied in 26 patients with atopic dermatitis by skin prick test before and after viewing *Modern Times*. Individual values of diameters of the wheal responses are reported. Solid circles indicate mean values; vertical bars, SDs.

Concluzii: raspunsul inflamator cutanat dupa prick-test la acarieni a fost redus semnificativ ($p < 0,01$) dupa '*Modern times*' si efectul a durat ore, in timp ce buletinul meteo nu l-a modificat

Short communication

Increase in dermcidin-derived peptides in sweat of patients with atopic eczema caused by a humorous video

Hajime Kimata*

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Received 12 September 2005

Abstract

Objective: Dermcidin (DCD)-derived peptide is an antimicrobial peptide produced by the sweat glands. However, the levels of DCD-derived peptide in sweat were decreased in patients with atopic eczema (AE). The effect of viewing a humorous video on the levels of DCD-derived peptide was studied. **Methods:** Twenty patients with AE viewed an 87-min humorous video (Modern Times, featuring Charlie Chaplin). Just before and immediately after viewing, sweat was collected, and

the levels of DCD-derived peptide and total protein in sweat were measured. **Results:** Viewing a humorous video increased the levels of DCD-derived peptide without affecting the levels of total protein in sweat. **Conclusion:** Viewing a humorous video increased DCD-derived peptide in sweat of patients with AE, and thus, it may be helpful in the treatment of skin infection of AE.

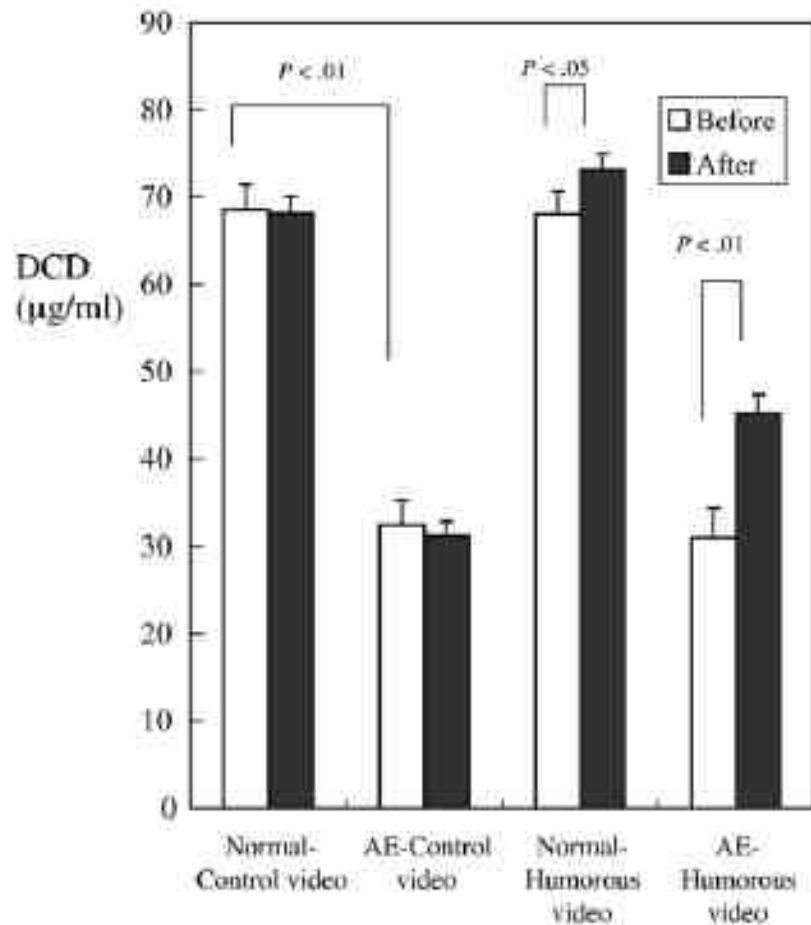
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Keywords: Dermcidin-derived peptide; Sweat; Atopic eczema; Laughter

Introduction

[4,5], while it decreased blood IL-6 levels in patients with rheumatoid arthritis [6]. Mirthful laughter caused by view-

Tratamentul infectiilor cutanate din dermatita atopica cu '*Modern times*'



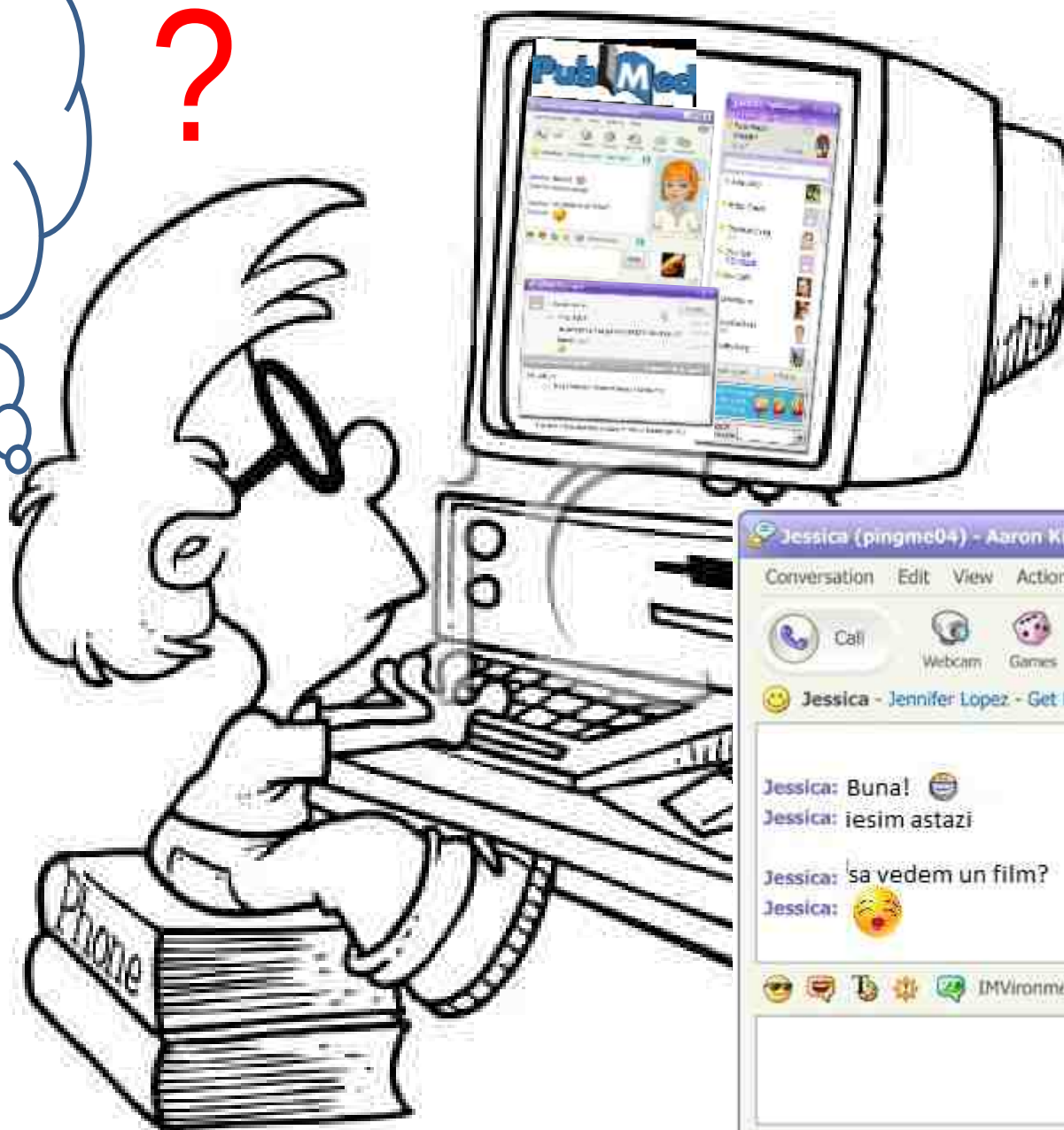
- 20 de pacienti cu dermatita atopica, 20 sub sanatosi, '*Modern times*' 87 min
- Inainte si dupa vizionare s-a colectat sudoarea si s-au masurat nivelurile peptidelor derivate din dermcidina

Rezultate :

↑ peptidului derivat din dermcidina, proteine totale normale(nemodificate)

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[Behav Med](#). 2004 Winter;29(4):149-52.

Laughter counteracts enhancement of plasma neurotrophin levels and allergic skin wheal responses by mobile phone-mediated stress.

[Kimata H.](#)

Department of Allergy, Ujitakeda Hospital, Japan. unitikah@m12.alpha-net.ne.jp

Abstract

Laughter caused by viewing a comic video (Rowan Atkinson's *The Best Bits of Mr. Bean*) reduced the plasma nerve growth factor, neurotrophin-3 levels, and allergic skin wheal responses in patients with atopic dermatitis, whereas viewing a nonhumorous video (weather information) failed to do so. In contrast, stress induced by writing mail on a mobile phone enhanced the plasma nerve growth factor, neurotrophin-3 levels, and allergic skin wheal responses. However, previewing the comic video counteracted mobile phone-mediated enhancement of plasma neurotrophins or allergic skin wheal responses, whereas previewing the weather information failed to do so. Taken together, these results suggest that, in patients with atopic dermatitis, writing mail on a mobile phone causes stress and enhances allergic responses with a concomitant increase in plasma neurotrophins that are counteracted by laughter. These results may be useful in the study of pathophysiology and treatment of atopic dermatitis.

PMID: 15369195 [PubMed - indexed for MEDLINE]

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Mr Bean- antidot al stresului indus de telefoanele mobile

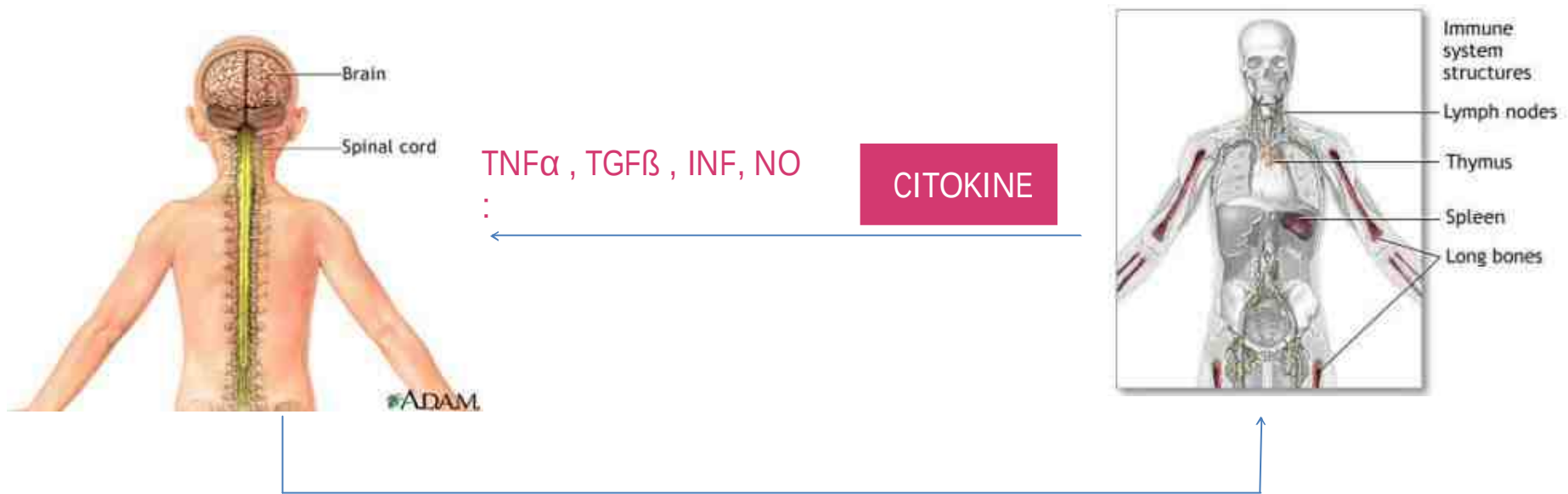


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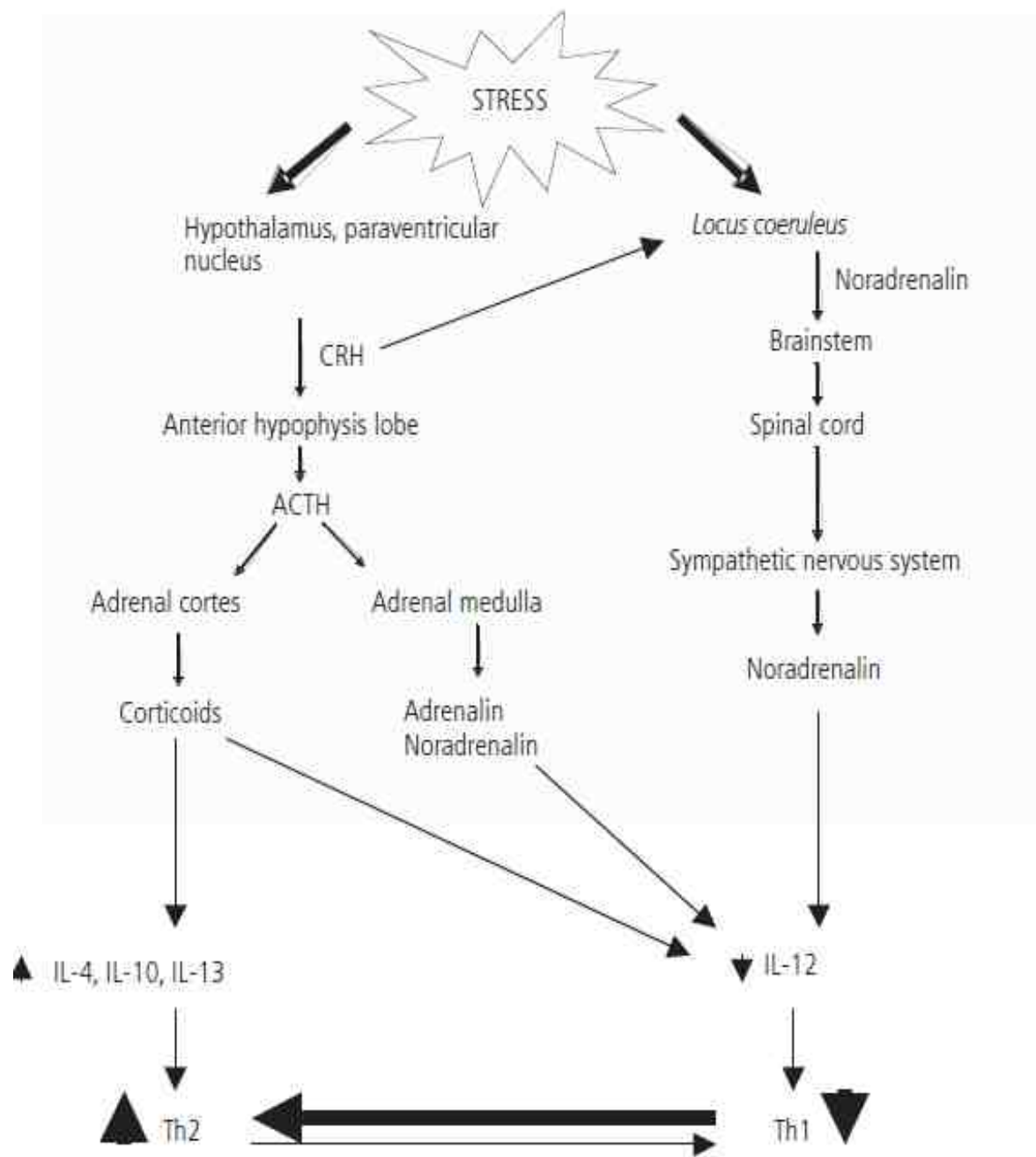


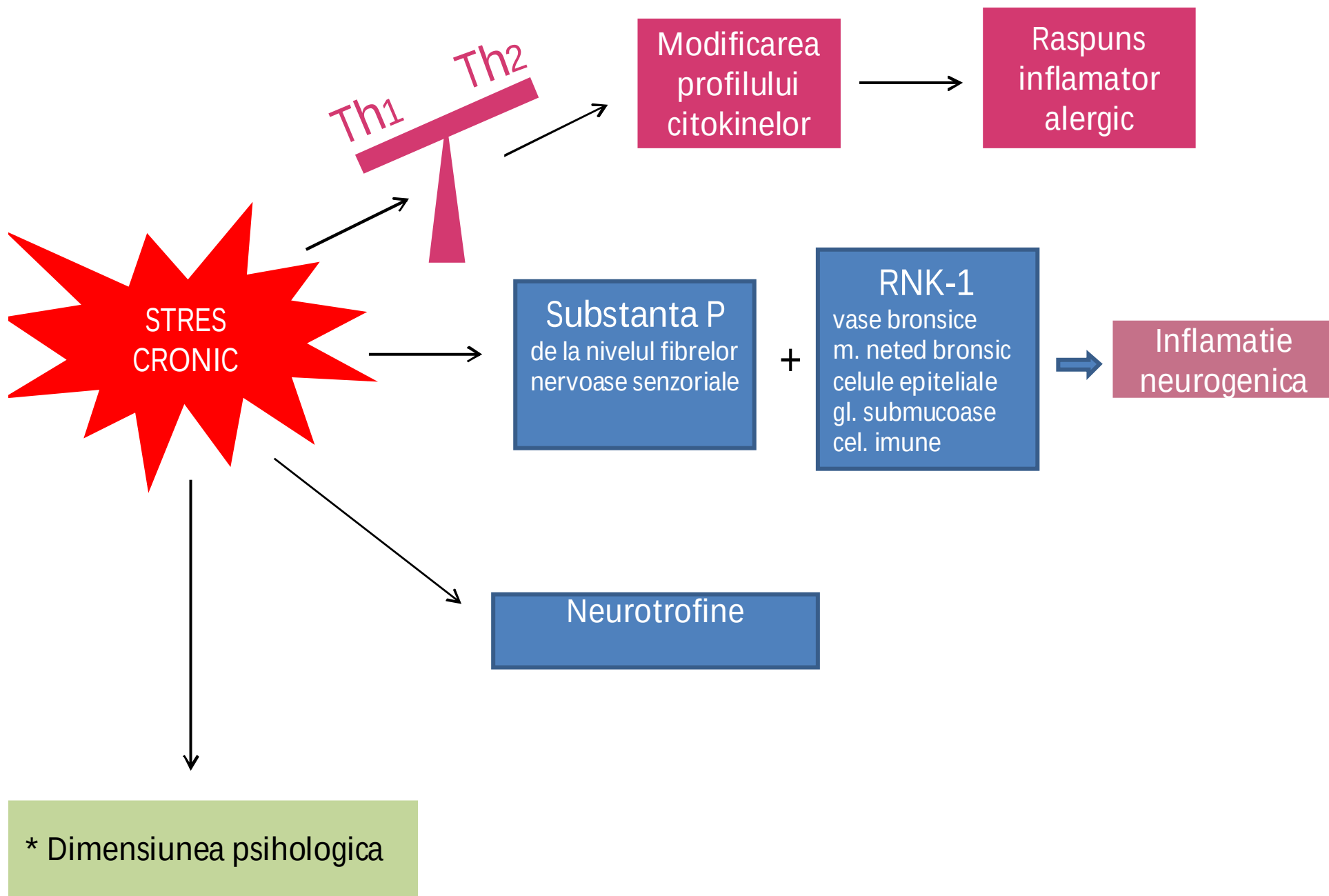
Neurotransmitatori: Ach, NA, serotonina, histamina, a. glutamic, GABA

Neuropeptide: ACTH, PRL, vasopresina, bradikinina, somatostatina, VIP, SP, neuropeptidul Y, endorfine

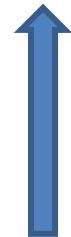
Hormoni: A, CS

NGF







- 
- * IgE serice
 - *citokine Th2
 - *SP
 - *VIP
 - *NGF
 - *raspunsul cutanat la alergen topic



citokine Th1
activitatea cel NK
DCD- derived peptide



cortizol seric
greлина salivara
raspunsul la prick-test



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An Indian Doctor's Cure-All: Charlie Chaplin

by PHILIP GORDON



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September 24, 2009

Source: NPR

In India, laughing is a serious matter. There are laughing clubs — groups who gather in parks for a collective guffaw to relieve the stresses of daily life.

Ashok Awani goes one step further. He hands out free DVDs of Charlie Chaplin movies to patients as a cure for depression.

"This makes them feel better," he says. "They enjoy it. The next visit, they ask for another movie."

Awani, 59, practices ayurveda, the traditional medical system widely used in India for thousands of years. He has a tiny walk-in clinic in the industrial town of Adipur, in the western state of Gujarat.

He has also earned a big name for himself around town for dressing up in Chaplin regalia — bowler hat, cane, crooked leg and black baggy trousers — and performing Chaplin mimes, including the distinctive walk.

Philip Gordon/NPR
When asked, a graduate-level ayurvedic medicine practitioner, Charlie Chaplin asked to see his patient. Awani's fascination with Chaplin began more than 40 years ago. He still recalls the Charlie Chaplin, a film club that celebrated the film and series of Chaplin's comedy work.

Awani's fascination with Charlie Chaplin began some 40 years ago, when he saw *The Gold Rush*.

He liked it so much, he immediately bought a ticket for the next showing, although he was

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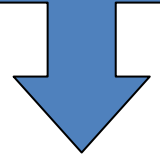
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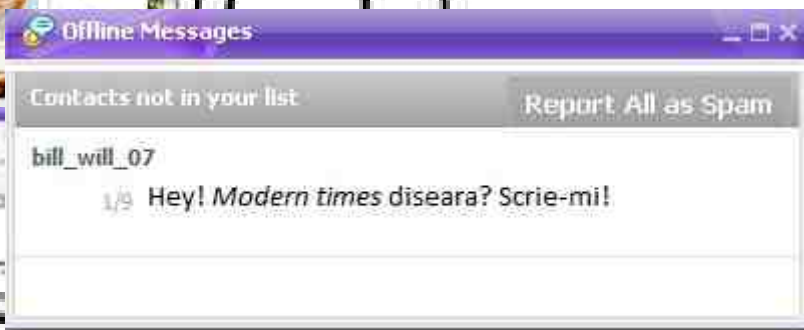
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Physiol Behav. 2003 Nov;80(2-3):395-8.

Kissing reduces allergic skin wheal responses and plasma neurotrophin levels.

Kimata H.
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Abstract

The effect of kissing on allergen-induced skin wheal responses and plasma neurotrophin levels were studied in 30 normal subjects, 30 patients with allergic rhinitis (AR), and 30 patients with atopic dermatitis (AD). All of the patients with AR or AD are allergic to house dust mite (HDM) and Japanese cedar pollen (JCP). They are all Japanese and they do not kiss habitually. The subject kissed freely during 30 min with their lover or spouse alone in a room with closed doors while listening to soft music. Before and after kissing, skin prick tests were performed using commercial HDM allergen, JCP allergen, as well as histamine and control solution, and wheal responses were measured. Simultaneously, plasma levels of neurotrophin, including nerve growth factor (NGF), brain-derived neurotrophic factor (BDNF), neurotrophin-3 (NT-3) and -4 (NT-4) were measured. Kissing significantly reduced wheal responses induced by HDM and JCP, but not by histamine, and decreased plasma levels of NGF, BDNF, NT-3, and NT-4 in patients with AR or AD, while it failed to do so in normal subjects. These finding indicate that kissing have some implication in the study of neuroimmunology in allergic patients.

PMD: 14637240 [PubMed - indexed for MEDLINE]

+ Publication Types, MeSH Terms, Substances

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The kiss



Gustav Klimt

- 30 sub. sanatosi, 30 sub. cu rinita alergica, 30. sub cu dermatita atopica ---- (alergici la acarieni si polen de cedru)
- 30 min kissing
- Prick-tests cu alergeni comerciali de acarieni si polen de cedru, histamina, solutie de control
- Masurarea raspunsului inflamator cutanat si a neurotrofinelor plasmatiche

- Rezultate :

Reducerea semnificativa a raspunsului inflamator cutanat indus de acarieni si polenul de cedru (**NU** de histamina) si a nivelurilor plasmatiche de neurotrofine in cazul subiectilor cu rinita alergica si dermatita atopica

- Concluzii :

Kissing este implicat in mecanismele neuroimunologice ale pacientilor alergici

Concluzii:

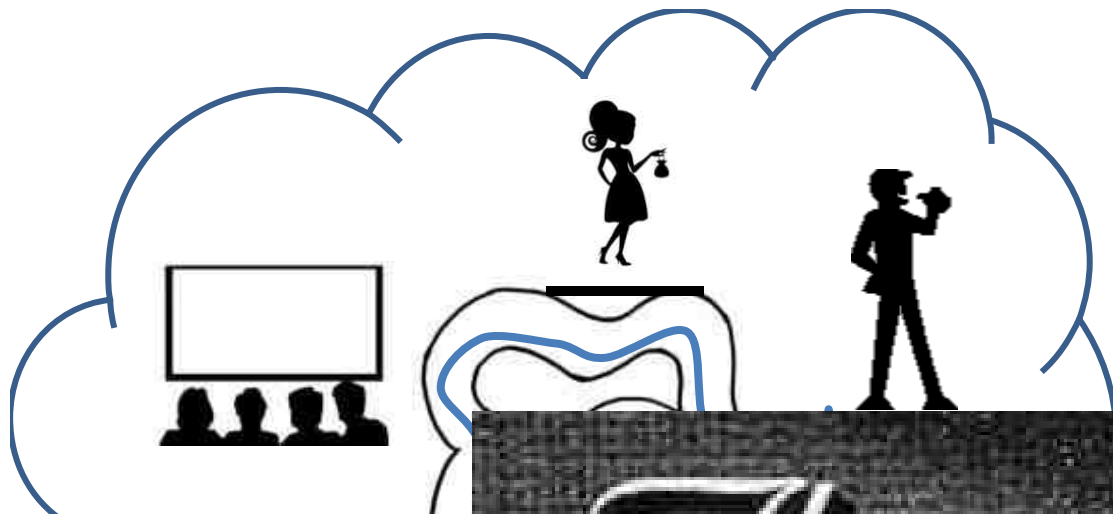
Lumea *virtuala* are efecte *reale* in dermatita atopica



- Agravarea simptomatologiei prin jocuri video agresive (STREET FIGHTER II), dar si nonagresive (SUPER MARIO KART, PERFECT ELEVEN)



- Ameliorarea bolilor in care sistemul imun este puternic implicat (Charlie Chaplin, Mr Bean, Dr. Ashok Ani)
- Imbunatatieste comunicarea (yahoo messenger)
- Sursa vasta de informare (PubMed)



The End



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