

Respiration and panic

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RESPIRATION AND PANIC

Daniela Caldirola
Maastricht, 8 oktober 2004

1. There are strong arguments that a malfunction of the homeostatic systems, such as respiratory, cardiovascular and vestibular systems, is involved in the pathophysiology of panic disorder.
2. The assessment of respiratory function can be used as a tool for testing the efficacy of antipanic drug treatments in panic disorder.
3. We are still in need of definitive trials that breathing training is an useful therapeutic intervention in panic disorder.
4. The lack of hyperreactivity to CO₂ and respiratory irregularity in a subgroup of patients with panic disorder is the indication of different underlying pathogenetic mechanisms.
5. In nature there are only networks inside other networks (" The web of life " by F. Capra).
6. Emotions are a vital part of information processing systems.
7. Exercise can be used as a behavioral tool for maintaining brain function and promoting brain plasticity.
8. The main issues of the reform of Italian healthcare are the public budget, national devolution and the increasing demand for high quality services.
9. Information overload: we need information-free time to think.
10. The future of Italy: high-tech or food?