Coping with Primary Sclerosing Cholangitis

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Patient and their family/friends

Caregivers
Primary Sclerosing Cholangitis

- Chronic illness
- There is no cure
- May progress to ESLD requiring liver transplant
- A major risk is bile duct cancer
- Young people (30-50s)
- The majority are men.

Mayoclinic.com
Definition of Stress

- “Fight-or-flight” reaction
  - It is rapid and automatic switch into “high gear”
Stress response...

- Digestive system
- Immune system
- Nervous system
- Cardiovascular system
- Other systems
  - Skin conditions
  - Asthma
How to cope with Stress

• Identify your stress triggers
• Keep a stress journal.
• Make a list of all the demands on your time and energy for one week.
• Improve your time management skills
• Overcome burnout
  • Take care of yourself.
  • Develop friendships at work and outside the office.
  • Take time off.
  • Set limits.
  • Choose battles wisely.
  • Have an outlet.
• Seek help.

Mayoclinic.com
Resilience

• Main Entry:
  • re·sil·i·ence

• Pronunciation:
  • \ri-ˈzil-yən(t)s\n
• Function:
  • noun

• Date:
  • 1824

1 : the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress

2 : an ability to recover from or adjust easily to misfortune or change

Merriam Webster dictionary
Resilience


Content of the Connor-Davidson Resilience Scale

- Able to adapt to change
- Close and secure relationships
- Sometimes fate or God can help
- Can deal with whatever comes
- Past success gives confidence for new challenges
- See the humorous side of things
- Coping with stress strengthens
- Tend to bounce back after illness or hardship
- Things happen for a reason
- Best effort no matter what
- You can achieve your goals
- When things look hopeless, I don’t give up

- Know where to turn for help
- Under pressure, focus and think clearly
- Prefer to take the lead in problem solving
- Not easily discouraged by failure
- Think of self as strong person
- Make unpopular or difficult decisions
- Can handle unpleasant feelings
- Have to act on a hunch
- Strong sense of purpose
- In control of your life
- I like challenges
- You work to attain your goals
- Pride in your achievements

Psychiatry

- Psychiatrists
  - General

- Psychosomatic medicine
  Academy of psychosomatic medicine
  http://www.apm.org/
Adjustment disorders

Emotional symptoms of adjustment disorders
- Sadness
- Hopelessness
- Lack of enjoyment
- Crying spells
- Nervousness
- Thoughts of suicide
- Anxiety
- Worry
- Desperation
- Trouble sleeping
- Difficulty concentrating
- Feeling overwhelmed

Behavioral symptoms of adjustment disorders
- Fighting
- Reckless driving
- Ignoring bills
- Avoiding family or friends
- Poor school or work performance
- Skipping school
- Vandalism

Mayoclinic.com
Serotonin\textsuperscript{5HT} and Norepinephrine\textsuperscript{NE} in the brain

Prefrontal Cortex

Raphe Nuclei (5-HT source)

Locus Ceruleus (NE Source)

Limbic System

Cooper JR, Bloom FE. *The Biochemical Basis of Neuropharmacology*. 1996.
## Spectrum of Symptoms in Depression

<table>
<thead>
<tr>
<th>Emotional Symptoms</th>
<th>Physical Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sadness, tearfulness</td>
<td>Tiredness, fatigue</td>
</tr>
<tr>
<td>Loss of interest</td>
<td>Sleep disturbances</td>
</tr>
<tr>
<td>Anxiety, irritability</td>
<td>Headaches</td>
</tr>
<tr>
<td>Hopelessness</td>
<td>Psychomotor agitation, retardation</td>
</tr>
<tr>
<td>Concentration difficulties</td>
<td>GI disturbances</td>
</tr>
<tr>
<td>Guilt</td>
<td>Appetite Changes</td>
</tr>
<tr>
<td>Suicidal ideation</td>
<td>Body aches and pain</td>
</tr>
</tbody>
</table>

In a New England Journal of Medicine study, 69% of diagnosed depressed patients reported unexplained physical symptoms as their chief complaint. 

N = 1146 Primary care patients with major depression

Depression Is a Major Public Health Concern

• >30 million adults (lifetime prevalence) in the United States\(^1\)

• 4th greatest cause of global illness burden (morbidity + mortality)\(^2\)

• Suicide is the 8th leading cause of death in the United States\(^3\)
  • Causing more deaths annually than HIV and hepatitis combined\(^3\)

Suicide

You can reach the Lifeline by dialing 1-800-273-TALK (8255). Although suicide prevention is our primary mission, people call the Lifeline for many reasons:

- Suicidal thoughts
- Abuse/violence
- Information on suicide
- Economic problems
- Information on mental health/illness
- Sexual orientation issues
- Post disaster needs
- Homelessness issues
- Substance abuse/addiction
- Physical illness
- To help a friend or loved one
- Loneliness
- Relationship problems
- Family problems

http://www.suicidepreventionlifeline.org/
What Is Adequate Treatment?

• Remission of symptoms has been the standard goal for more than a decade\textsuperscript{1-4}

• Resolution of emotional and physical symptoms\textsuperscript{5,6}

• Restoration of full capacity for functioning\textsuperscript{5,6}
  • Return to work
  • Resume hobbies/personal interests
  • Restore personal relationships

When to ask for professional help

Any time ..........

• Major Depression
• Anxiety Disorders
• Alcohol and drug addiction
• Suicidal thoughts and behavior
Alcohol…How much is “too much”

Drinking becomes too much when it causes or elevates the risk for alcohol-related problems or complicates the management of other health problems. Men who drink 5 or more standard drinks in a day (or 15 or more per week) and women who drink 4 or more in a day (or 8 or more per week) are at increased risk for alcohol-related problems.

Dawson DA, Grant BF, Li TK. Quantifying the risks associated with exceeding recommended drinking limits. Alcohol Clin Exp Res. 29(5):902-908, 2005
Substance Abuse and Mental Health Services Administration

http://www.samhsa.gov/
Who to ask for help

Primary Care Physician
Hepatologist

Mental Health Care Providers
• Individual and Group Psychotherapy
  Psychologists
  Psychotherapists
  Social Workers
  Psychiatric nurses
  Mental health counselors
  Marriage and family therapists
  Pastoral counselors
  Psychoanalysts

• Medication Management
  Psychiatrists
Resources

- Support Groups
Thank you!