

## Stres sebagai faktor predisposisi berbagai penyakit kronik termasuk penyakit periodontium./ Dewi Nurul M., Hayatun Safrina

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### Abstrak

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Stress is hypothesized as a common pathway for several related chronic diseases of man. Psychosocial stress as modified by perceptions and coping by patients can lead to physical processes. Psychoneuroimmunologic (PNI) studies have suggested that psychosocial factors can alter immune function and increase vulnerability to illnesses. The patients also have high sensitivity to periodontal disease (PD). This article described the association of stress as a physiological response to diseases such as PD, rheumatoid arthritis (RA), and inflammatory bowel disease. The psychosocial stress can lead to physiological processes through 1) the hypothalamic-pituitary-adrenal (HPA) axis leading to glucocorticoid secretion, 2) the autonomic nervous system, resulting in the release of catecholamine; or 3) the hypothalamic-pituitary-gonadal (HPG) axis, resulting in the release of sex hormones. The processes may affect chronic diseases. It can be concluded that psychosocial stress in periodontal disease patients must be considered and social supports must be provided in order to achieve an optimum periodontal therapy result. Stress is hypothesized as a common pathway for several related chronic diseases of man. Psychosocial stress as modified by perceptions and coping by patients can lead to physical processes. Psychoneuroimmunologic (PNI) studies have suggested that psychosocial factors can alter immune function and increase vulnerability to illnesses. The patients also have high sensitivity to periodontal disease (PD). This article described the association of stress as a physiological response to diseases such as PD, rheumatoid arthritis (RA), and inflammatory bowel disease. The psychosocial stress can lead to physiological processes through 1) the hypothalamic-pituitary-adrenal (HPA) axis leading to glucocorticoid secretion, 2) the autonomic nervous system, resulting in the release of catecholamine; or 3) the hypothalamic-pituitary-gonadal (HPG) axis, resulting in the release of sex hormones. The processes may affect chronic diseases. It can be concluded that psychosocial stress in periodontal disease patients must be considered and social supports must be provided in order to achieve an optimum periodontal therapy result.