

David D. Clarke, MD

Dr. Clarke has indicated that he does not have any relevant financial relationships or affiliations that may have a direct bearing on the subject matter of this CME activity.

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Solving Medical Mysteries

A New Approach to Unexplained Symptoms

David D. Clarke, MD

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A Baffling Illness



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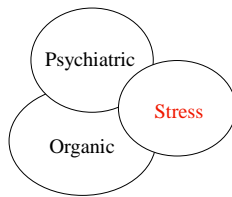
Stress Illness

Illness caused by
past or present
psycho-social stress.



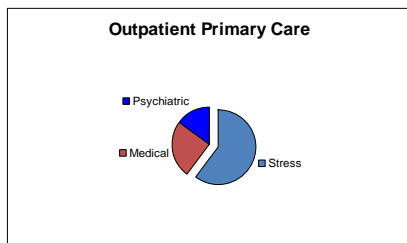
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The Third Illness Class



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Cause of Presenting Symptoms



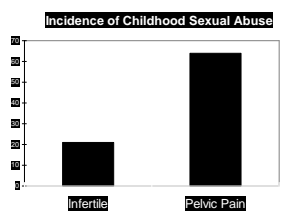
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A Wide Range of Presentations



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Women Undergoing Laparoscopy



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Costly and Frustrating

- No definitive tests
- Frequent referrals & "mega-workups"
- False positive tests
- Serious illness is ruled out but the patient remains ill



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Symptoms Relieved after a Nine Month
Negative Work-Up



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A note from the
Referring Physician

“Thank you for helping her. It is reassuring
to know that I didn’t miss anything
important.”

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Gaining The Patient's
Confidence and Cooperation

Stress



↓
Symptoms

Two Simple Concepts

Stress Causes Real Symptoms

Effective Treatment is Available

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Stress History Part I

Current
Stress



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Stress History Part I - a

Insufficient
Personal
Time



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Stress History Part II

Childhood Stress



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Adverse Childhood Experience Study

Seven Factors Measured (n=18,000)

- Abuse:
1. Physical
 2. Sexual
 3. Psychological
- Household Occurrences:
4. Substance Abuse
 5. Mental Illness
 6. Domestic Violence
 7. Householder Imprisoned

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4+ ACEs vs Zero ACEs

Odds Ratios

IV Drug Use	11.0
Suicide Attempt	9.5
Alcohol Abuse	5.3
Domestic Violence	5.0
Multiple Somatic Sx	2.7
COPD	2.4
Obesity	1.8

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Stress History Part III

Depression



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Stress History Part IV

Post-Traumatic Stress



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Stress History Part V - a

Generalized Anxiety Disorder



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Stress History Part V - b

Social
Anxiety
Disorder



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Stress History Part V - c

Panic
Disorder



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Treatment of Current Stress

Listing Your
Stresses



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Treatment of Current Stress

Self-Care
Time



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Treatment of Current Stress

Relaxation
Technique



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Treatment of Childhood Stress

Acknowledge
Their
Heroism



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Treatment of Childhood Stress

Writing



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Treatment of Childhood Stress

Reading



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Treatment of Childhood Stress

Support
Groups



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Treatment of Childhood Stress

Mental
Health
Counseling



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Treatment of
Depression, PTSD & Anxiety

Medication



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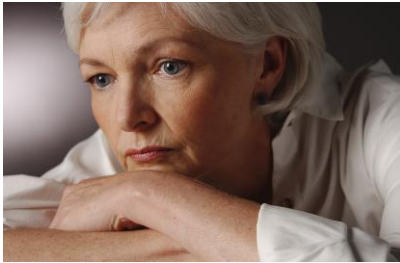
Treatment of
Depression, PTSD & Anxiety

Mental
Health
Counseling



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The Mystery Solved



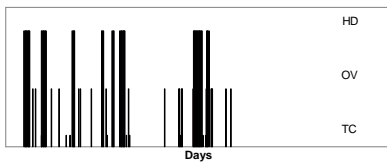
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Another Mystery



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Linda's 550 Days



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Somatic Expression of Rage



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The Talking Cure



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Stress Causes Real Symptoms



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Effective Treatment is Available



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The Stress Medicine Specialist



- Master's Degree in Mental Health
- Work in Primary Care
- Available for "Instant Consults"
- Mutual education with Primary Care

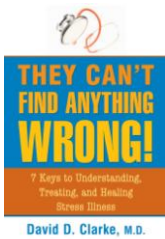
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What if there was a blood test for stress illness?



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Until there is a blood test...



“Wonderful.” (Yale)

“Truly remarkable.” (UNC)

“Extremely valuable.”
(Berkeley)

“A spectacular
accomplishment.” (OHSU)

www.stressillness.com

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