

Psychosomatic health and environmental stress

2 units

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Target) The aim of this program is to study on psychosomatic stress in daily life. Contents of this program include gene expression profile under stress, stress response in health and diseases.

Outline) By the systems biology, clinical neurology, nutritional science techniques, the effects of stress on development and growth in child will be assessed and discussed.

Keyword) *psychosomatic health, environment, stress*

Goal) To understand stress assessment technology

Schedule)

1. Anxiety and depression (Tetsuro Ohmori) (担当者: Noriaki Okazaki)
2. The development of the immune system (Yousuke Takahama) (担当者: Noriaki Okazaki)
3. Mechanism of sleep regulation (Hiroyoshi Sei) (担当者: Ryuji Kaji)
4. Endoplasmic reticulum stress in health and diseases (Seiichi Oyadomari) (担当者: Kazuhito Rokutan)
5. Stress genomics (Kazuhito Rokutan) (担当者: Kazuhito Rokutan)
6. New concept and innovation of functional foods in Japan (Junji Terao) (担当者: Hiroyoshi Sei)
7. Why do we need "stress control" through foods and food style? (Junji Terao) (担当者: Hiroyoshi Sei)
8. Aging and mineral nutrition (ken-ichi Miyamoto) (担当者: Megumi Goto)
9. Caloric restriction and bone metabolism (Ken-ichi Miyamoto) (担当者: Megumi Goto)
10. Breakfast and chewing for stress (Eiji Takeda) (担当者: Hiroshi Chuman)
11. Food and stress related hormone (Eiji Takeda) (担当者: Suehiro Sakaguchi)
12. Physical impact caused by stress (Yutaka Nakaya) (担当者: Eiji Takeda)
13. Gut immunity and stress (Yutaka Nakaya) (担当者: Tetsuro Ohmori)
14. Oxidative stress and immunity (rintaro Yamanishi) (担当者: Gen Tamiya)
15. The role of adipokines on metabolic stress in obesity and obesity-related diseases (hiroshi Sakaue) (担当者: Gen Tamiya)
16. Diabetes mellitus and stress (Toshio Hosaka) (担当者: Eiji Takeda)

Evaluation Criteria) Reports on more than two third of the studies will be required for evaluation.

Re-evaluation) 再試験無し

Textbook) none

Reference) 授業時に適宜, 紹介する.

Contents) <http://cms.db.tokushima-u.ac.jp/cgi-bin/toURL?EID=218232>

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