

Psychosomatic health and environmental stress

2 units (selection) 1st-year(2nd semester)

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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)

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