

## **THE CHRONIC RONCOPATHY: DIAGNOSTIC & TREATMENT**

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### **SUMMARY**

Snoring and the associated syndrome of obstructive sleep apnoea can have severe effects on the lives of sufferers and their families. This article discusses why obstructive sleep apnoea is potentially fatal, and how it may be identified and managed.

Key words: snoring, obstructive sleep apnoea/hypopnea syndrome, sleep surgery

## **BURN-OUT SYNDROME OF THE GENERAL PRACTITIONER**

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### **SUMMARY**

Burn-Out Syndrome is the mental and physical exhaustion due to exaggerated and prolonged involvement. In 1974, H. Freudenberg redefined professional stress by “burn out syndrome”: the usage and exhaustion of energy, force and resources ultimately leading to a decrease of the entire potential of an individual.

One US study tried to establish a connection between the level of stress a physician is subject to and his work output. The main cause for the study was that in the US and the UK medical errors were more and more often.

In this work we discuss connection between Burn-out Syndrome affecting GP's and how important is mental health in doctors and of course how we can treat it.

Key words: mental and physical exhaustion, hyperperseverant, risk factors, counseling, intervention strategies.

## **NEWS IN THE THERAPY OF ARTERIAL HYPERTENSION**

Mirela Anghel M.D., PhD

### **SUMMARY**

Current guidelines recommend combination treatment to control blood pressure in the majority of hypertensive patients. It is almost mandatory in diabetic, renal and high risk hypertensive patients and may allow blood pressure targets to be reached earlier than with monotherapy. Guidelines also recommend specific therapeutic approach in special conditions.

Key words: hypertension, therapy, guidelines

## **FEVER OF UNKNOWN ORIGIN**

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### **SUMMARY**

Despite advances in diagnostic tools, fever of unknown origin (FUO) remains a challenging clinical problem. The internal medicine physician is often the first to confront this condition. Frequently, a specialist in infectious diseases, rheumatology, or hematology is consulted. A series of standard tests can often establish a specific diagnosis or at least the broad category into which the diagnosis falls. In most cases, the cause of FUO is a familiar disease with an uncommon presentation, rather than a rare disorder. The three major categories of causes of FUO - infections, collagen vascular and granulomatous diseases, and tumors - remain unchanged.

Key words: fever, infections, neoplasms, collagen disease

## **THE POSSIBLE WAYS OF DIAGNOSTIC AND BIOCHEMICAL EXPLORATION OF MODIFIED HEPATIC FUNCTION**

Florica Năftănăilă M.D., Mariana Jinga M.D., Florin Năftănăilă M.D., Maria Dumitru M.D., Magdalena Vișănescu M.D.

### **SUMMARY**

This article brings to your attention two situations that are often observed in current practice, when we meet “abnormal“ results of biochemical tests which study the hepatic function. The purpose of this article is to present the possible tricks of biology hepatic testes – particularly the biochemical ones- and to gather the supplementary investigations that will be or not justified.

Key words: hepatocellular carcinoma, non-alcoholic steatohepatitis, alcoholic fatty liver disease, hemocromatosis

## **PSYCHOLOGICAL SUPPORT IN CASE OF TRAUMATIC STRESS-METHODS FOR STRESS REACTIONS REDUCING**

Doina Trandafir, psychologist

### **SUMMARY**

Posttraumatic stress disorder (PTSD) is a clinical disorder made of psychological reactions consecutive of a critical event exposure. PTSD is not necessarily the result of

some trauma. People can find support in friends, family or Church. Still, many of them need specialized psychological assistance. In order to prevent the appearance of PTSD symptoms, intervention is needed within 72 hours from the traumatic event, by means of simple non-therapeutic techniques on normal persons confronted with abnormal situations. Many researches show the benefits of these interventions.

Keywords: Posttraumatic Stress Disorder, traumatic stress, debriefing, defusing.