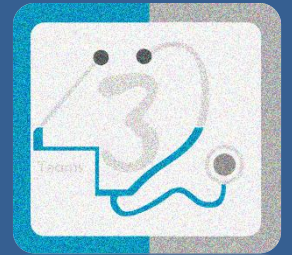




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COLLEGE OF MEDICINE

432

Hyper-sympathetic Activity
2nd case

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Definition:

The sympathetic nervous system (SNS) is part of the autonomic nervous system (ANS), and it is often termed the fight or flight response.



For more details about SNS click on the link :

http://en.wikipedia.org/wiki/Sympathetic_nervous_system

Hypothesis:

- **Didn't drink for hours (dehydration)**
- **Anxiety**
- **Panic attacks**
- **Problems in salivary gland**
- **Using drugs like sympathomimetics**
- **Fever**

Symptoms:

- ❖ **Increase blood pressure (Hypertension)**
- ❖ **Insomnia**
- ❖ **Excessive Sweating**
- ❖ **high blood sugar**
- ❖ **high cholesterol**
- ❖ **low insulin**
- ❖ **Increase heart rate**
- ❖ **Increase adrenaline**
- ❖ **Increase oxygen circulation to vital organs**
- ❖ **Cold-wet hands**

Questions to ask the patient :-

- **If the patient suffered from any psychological problems before**
- **If the patient has been taken any drugs**
- **Do these symptoms happen frequently or in particular cases?**
- **If the patient has problems with glands which secrete some hormones like adrenaline**
- **Ask the family's patient about the last activity done before the problem begin**

Causes:-

- **Psychological causes**
- **Adrenal gland problem**
- **Malfunctioning of Neurotransmitters**
- **Disturbance in neurotransmitters' normal levels**

^ These causes from 31 work

Complications:-

- Heart disease; heart attacks
- Hypervigilance
- Panic attacks
- Hypercholesterolemia
- Fast arrhythmias
- Type 1 diabetes

Treatment:

- ✓ Avoiding stress
- ✓ Stimulating parasympathetic nervous system
- ✓ Relaxation therapy
- ✓ Joining a group which contains many people who trying to overcome anxiety

- ملاحظة : الشغل اقله من مواقع طبية و الريدنق ماتيريال اقلها
كانت تتكلم عن البروقريس اللي موجودة باوراق الطلاب

Learning Objectives:

- ✓ Discuss the main differences between the sympathetic and parasympathetic nervous systems.
- ✓ Explain the scientific basis behind the presenting problems in the case.
- ✓ Discuss the roles of the sympathetic and parasympathetic systems in controlling body organ systems.
- ✓ Discuss the roles of adrenal gland in enhancing the sympathetic nervous system.
- ✓ Discuss the mechanisms controlling the secretion of sweat and saliva and the role of the autonomic nervous system.
- ✓ Discuss the use of relaxation therapy in enhancing the parasympathetic nervous system and attenuating the sympathetic responses.
- ✓ Discuss the relationships in family and impact on health.