

## Webinar #17: “The Essence of Illness”

### General References:

Dr. Hanscom Blog: Understanding the makeup of the ACE Score

About “Medically Unexplained Symptoms”:

- [Medically Unexplained Symptoms \(MUS\)](#)
- [Medically Unexplained Symptoms: an acceptable term? – Marks, et al.](#)

Back in Control Article: [Chronic back pain is not pinched nerves:](#)

The “One Nervous System” diagram is on the following page.

Information about the [Oura Ring](#) that Dr. Hanscom mentioned on the call:

### Study:

Sustained exposure to threat causes 10 year reduction in average life span:

- Keller, et al, 2011, ‘[Does the Perception that Stress Affects Health Matter? The Association with Health and Mortality](#)’ Health Psychology, 31(5), 677–684

Scandinavia study linking 40% increase in autoimmune disease:

- Song, et al, 2018, ‘[Association of Stress-Related Disorders With Subsequent Autoimmune Disease](#)’ JAMA. 2018;319(23):2388-2400

Acute back pain for 10 years (vs 3 months) shifts to emotional centers, rather than pain centers:

- Hashmi, et al, 2013, ‘[Shape shifting pain: chronification of back pain shifts brain representation from nociceptive to emotional circuits](#)’ Brain 2013 Sep;136(Pt 9):2751-68

### Article:

Disintegrated Medicine Article by Dr. Hanscom is at the bottom of this document

### Q&A with David Hanscom:

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