

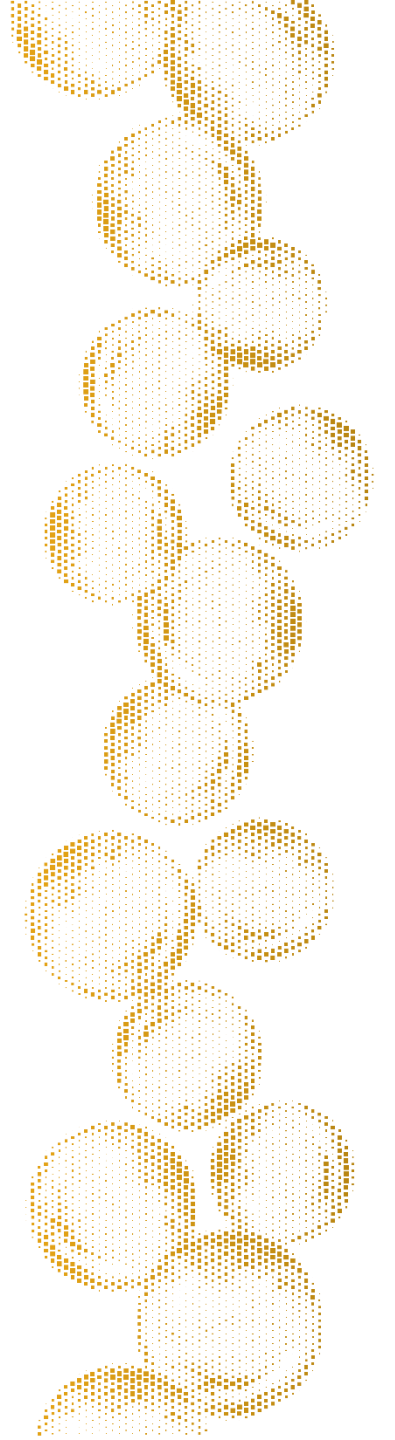
Dealing with Stress in the Workplace

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What is stress?

- Adverse reaction to excessive pressure/demand placed
- Can affect health of staff, reduce productivity
- Not an illness
- Psychological impact: anxiety, depression
- Health risks: all systems



How is it caused? (triggers)

- Environmental toxicity
- Financial, personal, work-related
- Work: 6 primary causes
 - Job **demands**
 - Amount of **control** over work
 - **Support** from colleagues, superiors
 - **Relationships** at work
 - **Role** within organization if unclear
 - Managing **change** effectively



Symptoms of stress

- Physical

- Musculoskeletal
- Respiratory
- Cardiovascular
- Endocrine
- Gastrointestinal
- Nervous system
- Reproductive system

- Psychological



How is it treated?

- Regular checkups for dysfunction of different body systems
- Proper coping mechanisms psychologically
- Proper treatment for medical issues
- Anti-aging treatment, holistic care has been shown to be helpful in the wellness of the patient
 - Detoxification
 - Modification of daily lifestyle



Coping mechanisms

- Prevention: wellness, detoxification
- Early detection
- Avoid unhealthy methods of coping
- Regular health checkups and routine monitoring
- Appropriate psychosocial support



What is toxicity?

- Degree to which a substance can damage an organism
- 80% is from exposure from chemicals: food, air pollution, etc.
- Detrimental health effects long-term



Diseases

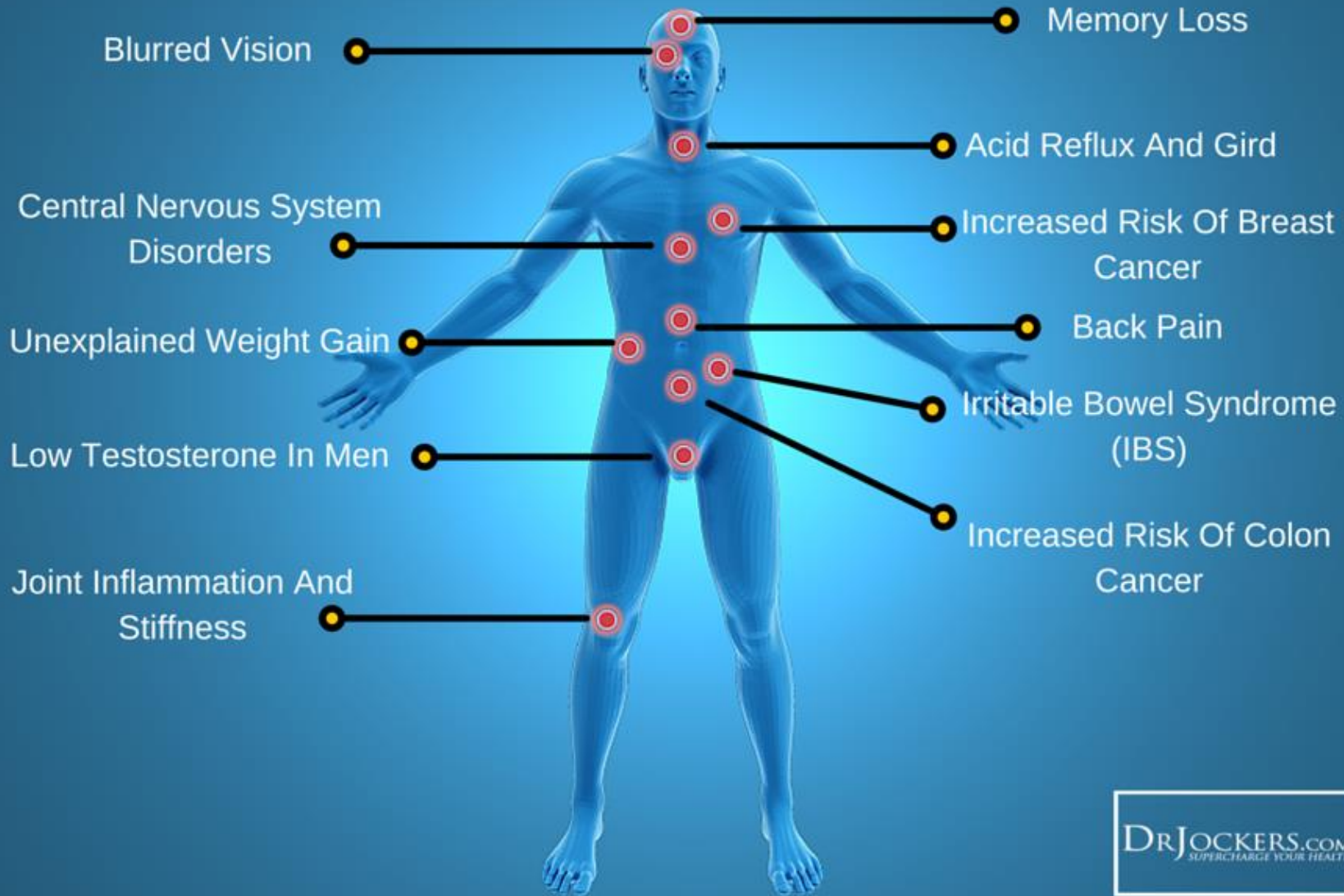
Diabetes
Obesity
Auto-Immune Diseases
Arthritis
Fibromyalgia
Cancer

Underlying Causes

Toxic emission
Hormonal Imbalances
Inflammatory Imbalances
Toxic Chemical Exposure
Mitochondrial Dysfunction
Digestive, absorptive Imbalances

Silent Killers!

Dangers of Toxic Deposits



Clinical Symptoms with Environmental toxicity



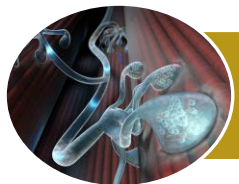
Central Nervous System (CNS): difficulty concentrating, insomnia, headache



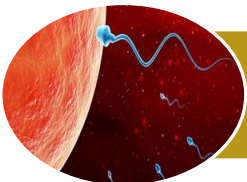
Gastrointestinal (GI): bloated, constipation/diarrhea, heartburn, trouble losing weight, food craving



Skin: rash, acne, eczema, psoriasis, dark circle under eyes



Neuromuscular: Fatigue, joint pain, muscle aching, muscle weakness



Infertility: lower sperm quality and quantity



Stress and Aging

- Telomeres are targets of persistent DNA damage response in aging and stress-induced senescence
- Accelerated aging (telomere shortening, mitochondrial DNA depletion) in patients with diabetes



VITALLIFE WELLNESS CENTER SOLUTIONS



- **Preventive Lifestyle**
- **Genetic Testing**
- **Longevity Index**
- **Hormone Rejuvenation**
- **Micronutrients**
- **Environmental Toxin Evaluation with Personalized Detoxification**
- **Hormone Replacement Therapy**
- **Non-Surgical Aesthetics**
- **Customized Intravenous Therapy (Detoxification and IV)**
- **Customized Supplements**
- **Cell Therapy**
- **Platelet Rich Plasma (PRP)**



Thank you for your attention

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