

PAIN as a psychosomatic disease



강도형

서울대병원 정신건강의학과

PAIN as a psychosomatic disease

Do-Hyung Kang, M.D., Ph.D.

Seoul National University
College of Medicine

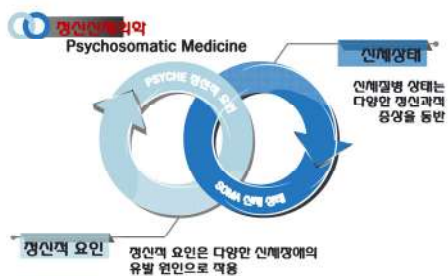


SNUH

SNUH 서울대학교병원
SEOUL NATIONAL UNIVERSITY HOSPITAL

Communication

- Doctors focus on the more familiar territory of physical symptoms stemming from organic pathology
✓ "medicalization"
- Patients use somatic symptoms to communicate their distress
✓ "somatization"
- When a somatizing patient meet a medicalizing doctor?!
- Stigma relating to psychiatric disorder



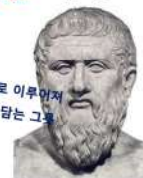
몸과 마음에 대한 견해

아리스토텔레스



몸과 신체는 따로 분리될 수 없는
단일한 존재

플라톤



인간은 영혼과 육체로 이루어져
있으며, 몸은 마음을 담는 그릇

Rene Descartes



데카르트(Rene Descartes) :
: 몸과 마음은 독립된 실체 [이원론]

- **Substance dualism**: two different things, mind and body
- **Property dualism**: Only one kind of thing, but human beings and animals have certain properties that are not physical—mental properties
- Argument for Dualism:
I have a mind. My mind is not my body. I have a body.
Therefore, I have both a mind and a body,
which are distinct from one another.

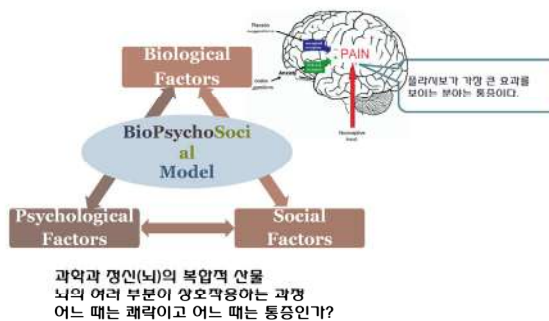
Baruch Spinoza



스피노자(Baruch Spinoza)
: 마음과 몸은 동일한 실체 [일원론]

- 마음과 몸은 서로 평행하며 서로 연관되어 있는 질자로서, 마치 한 물체의 양면처럼 모든 측면에서 서로를 모방한다.
✓ 인간의 마음은 인간의 몸에 대한 관념 또는 인식
✓ 우리는 인간의 마음이 몸과 하나로 결합되어 있다는 사실뿐만 아니라 몸과 마음의 결합의 본성에 대해 이해하게 된다.
- 몸이 마음에서 비롯되었다는 전통적인 개념의 토대를 침식에 들어갔을 뿐만 아니라 그러한 개념에 반대되는 개념을 제시하게 될 발견을 위한 토대를 마련했다.

Biopsychosocial approach (현재)

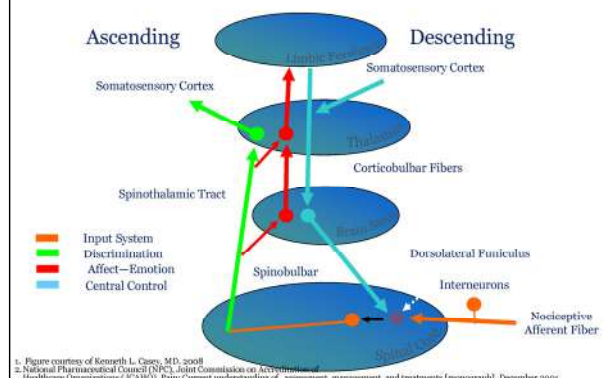


The Definition of Pain

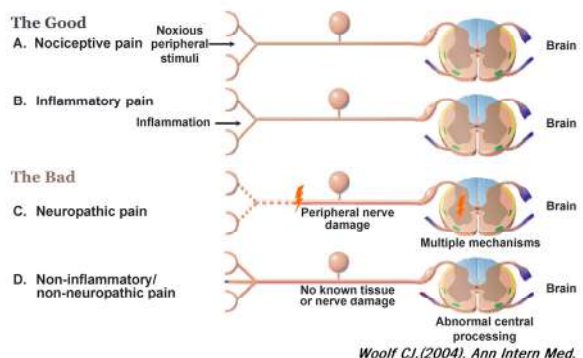
- Pain, according to the IASP
✓ "An *unpleasant* sensory and *emotional* experience associated with actual or potential tissue damage, or described in terms of such damage"¹
- Pain as disease
✓ Chronic pain is not simply acute pain that lasts longer.
✓ It is a disease process with different mechanisms²
✓ Understanding of the mechanisms or pathophysiology of chronic pain can guide optimal treatment³

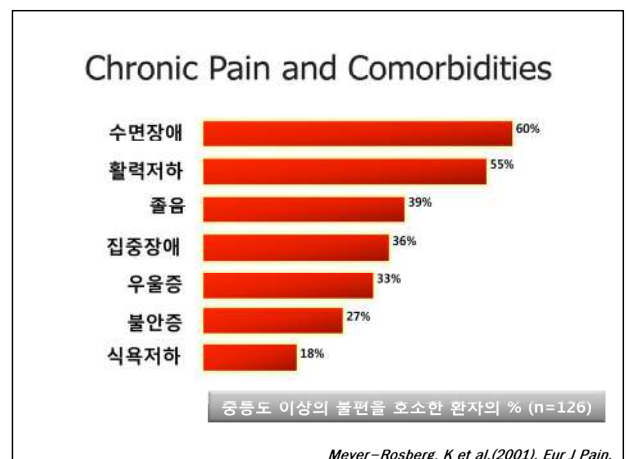
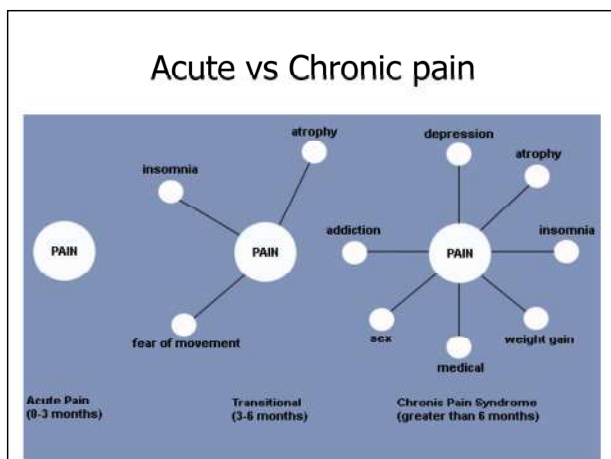
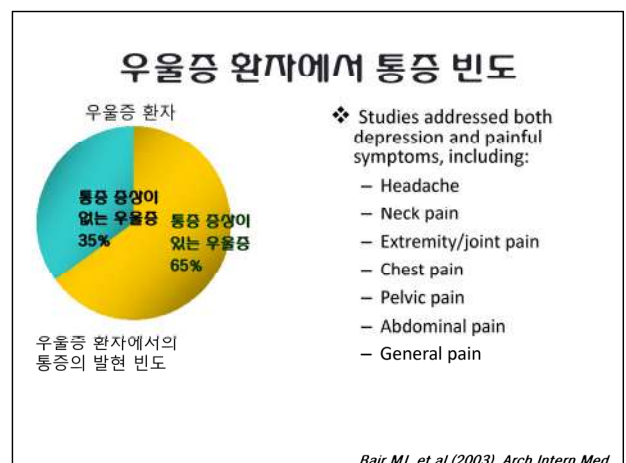
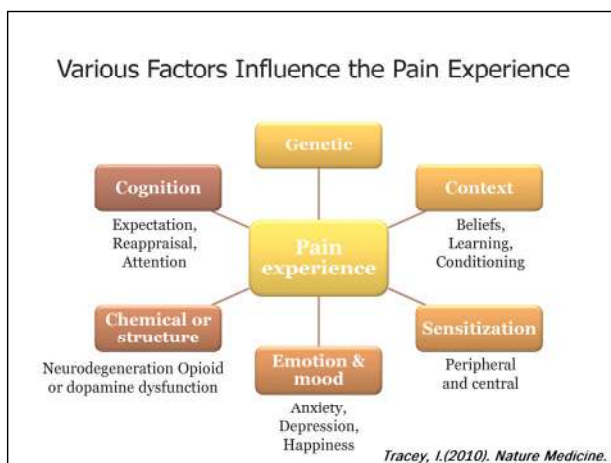
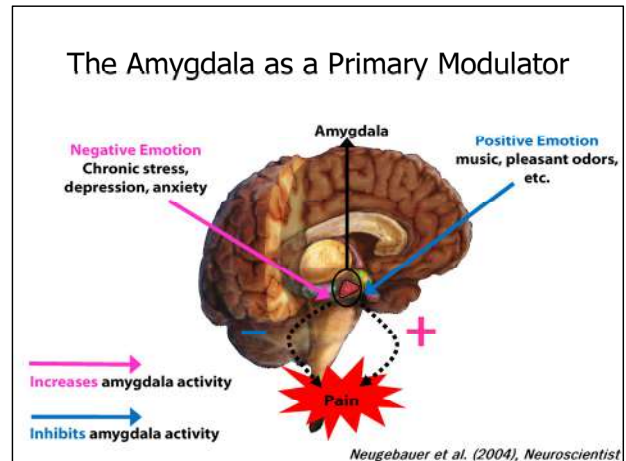
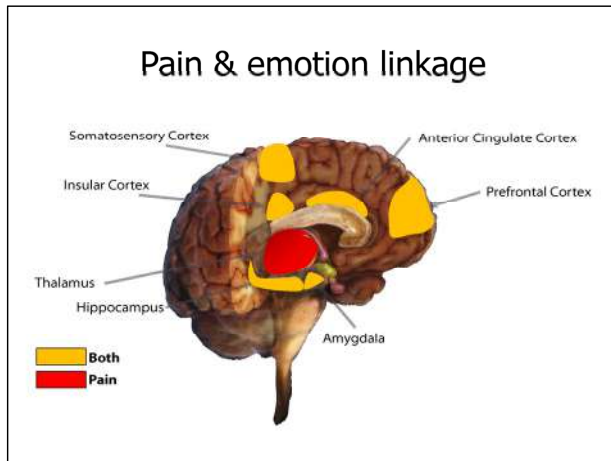
¹Merskey R, et al.(1994). *Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms*. 2nd ed.
²Woolf CJ.(2004). *Ann Intern Med*.
³Baron R.(2006). *Nat Clin Pract Neurol*.

An Overview of Ascending and Descending Pain Pathways

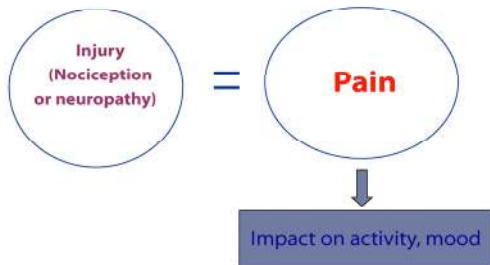


Multiple Types of Pain

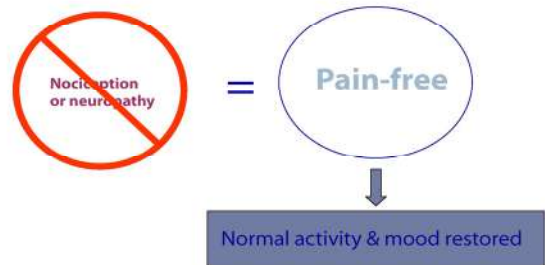




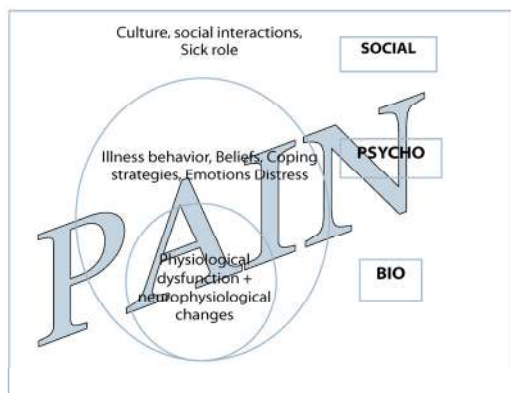
"Traditional" Biological model of pain



Treatment implications?



Bogduk (2004), Med J Aust



가장 힘들었던 것?

“나의 통증을 알아주지 않는다!”



통증의 비극 1

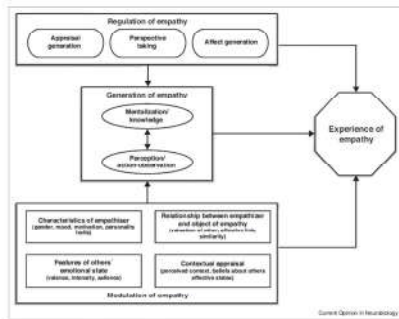
:통증은 다른 사람과 온전히 공유할 수 없다.

“통증은 내게는 언제나 새롭지만
지인들에게는 금세 지겹고 뻔한 일이 된다”
(알폰스 도데)

Empathy

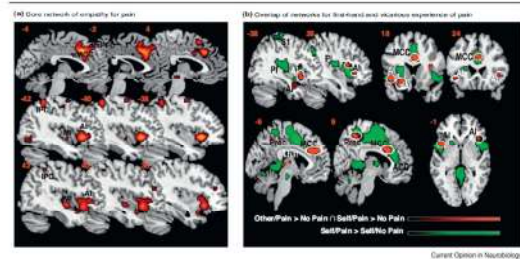
- From the Greek *empathia*
- Feeling or expressing emotion for another and thus the ability to understand the experience of another individual via cognitive and affective processing

Factors involved in the generation, modulation, and regulation of empathic experience and their relationship



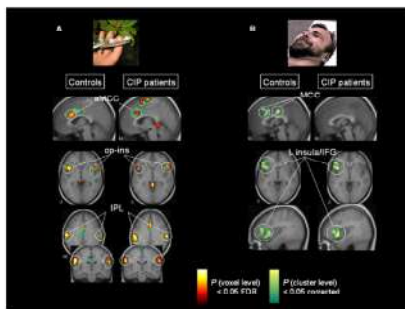
Current Opinion in Neurobiology, 2012

Empathy for pain



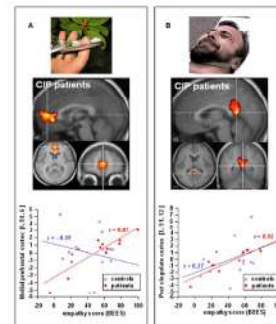
Current Opinion in Neurobiology, 2012

Can we share a pain we never felt?



Neuron, 2009

Can we share a pain we never felt?



Neuron, 2009

노력하면 공감할 수 있다!

Neuron
Previews

Emotional Pain without Sensory Pain—Dream On?

David Borsook^{1,*} and Lino Becerra¹
¹Pain and Analgesia Imaging Neuroscience Group, Brain Imaging Center, McLean Hospital, Belmont, MA 02476, USA
^{*}Correspondence: dborsook@partners.org
 DOI: 10.1016/j.neuron.2009.01.003

통증의 비극 2 : 통증은 주관적이다

- 통증은 지극히 개인적이다.
- 정서적인 신경 체계를 가진 사람은 누구나 통증을 느낀다.
- 그러나 누구나 통증을 느낄 수 있다는 보편성은 일반적 상황에서는 통증으로 고통 받는 이를 더욱 소외시킨다.
- “통증을 경험하는 사람이 통증이라고 말하는 것이 통증” (마고 매캐프리)

진단시 생기는 문제들

		Objective Findings	
		Present	Absent
Subjective complaints	Present	"Ideal" disease 😊	Undiagnosed disease/ somatoform
	Absent	Occult disease / denial/ stoicism	No disease 😊

Heterogeneity of somatoform disorder

	Characteristics	Etiology
Somatization disorder	MUS	Descriptive
Pain disorder	MUS	Psychological
Undifferentiated somatoform disorder	MUS	Descriptive
Conversion disorder	MUS	Psychological
Hypochondriasis	Health worry	Descriptive
Body dysmorphic disorder	Rumination	Descriptive

"The existing category of somatoform disorders may be regarded to have failed"

1. The terminology is unacceptable to patients
2. The category is inherently dualistic
3. Somatoform disorders do not form a coherent category
4. Somatoform disorders are incompatible with other cultures
5. There is ambiguity in the stated exclusion criteria
6. The subcategories are unreliable
7. Somatoform disorders lack clearly defined thresholds
8. Somatoform disorders cause confusion in disputes over medical-legal and insurance entitlements

Mayou et al. 2005, AJP

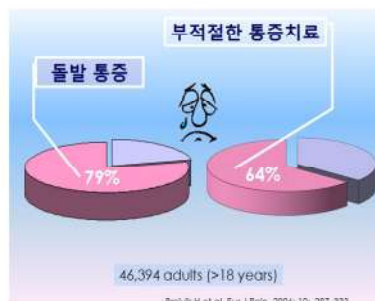
통증의 비극 3 : 참는 것이 미덕이다?

‘참을 수 있고, 참아야 하는’ 통증?

통증에 대한 은유



통증에 대한 조절



마약성 진통제?



Conclusion

The nature of **PAIN**

What we
do know
, or think
we know



What we
do not
know

Pain is multifactorial phenomenon



인간의 통증 현상을 통각(nociception; 유해자극), 통증(pain), 고통(suffering), 통증행위(pain behavior)의 4가지로 구분하였다(Flor & Turk, 2011).

- Differentiation of **psychogenic** and **somatogenic** pain is neither theoretically nor clinically useful
- Chronic pain is always a **multifactorial** event both somatic and psychological contributions to varying degree

Pain - current view

- **Pain is an end-product** of many interacting processes in the nervous system (including the brain).
- **The relationship between injury and pain** is quite variable.
- **Knowledge of cause of pain** is not sufficient to tell us how much pain a person will have or its impact.
- **Diagnosis** (eg. "Lumbar Discogenic Pain") is a poor guide to prediction of disability (Caragee et al, Spine Journal, 2005)

만성통증환자의 치료

"JUST ACCEPTING"

Thank you for your attention!

