A Chronic Illness Model

5 characteristics of Trauma

6 characteristics of Development

Tumbling the Stone: a chronic illness blog by Veronique Mead, MD, MA; on June 16, 2014 www.chronicillnessblog.com
Stress before Onset?

Age / Time

Illness
#1 - Prior Trauma

Onset

Trauma

Pattern

Age / Time

Onset

PTSD
#3 – Latency Period

Time lag between initiation of risk and onset of illness

Pattern

Illness

Trauma

Age / Time

First measurable sign of risk (abnormal labs, symptoms, etc)

Onset

Tumbling the Stone: a chronic illness blog by Veronique Mead, MD, MA; on June 16, 2014www.chronicillnessblog.com
#4 - Triggers

Onset

Trauma & Triggers

Pattern

Age / Time

Illness

Onset
#5 - Buffers

- Trauma & Triggers
- Buffers
- First symptom may or may not occur

Age / Time

- Pattern
- Health
- delayed onset or no chronic illness

Tumbling the Stone: a chronic illness blog by Veronique Mead, MD, MA; on June 16, 2014www.chronicillnessblog.com
#1 - Critical Periods

vulnerability during development of organ systems

- Heart
- Pancreas
- Myelin
- Limbs
- Lungs
- Nervous System
- Brain

Changes at Birth
- Heart
- Lungs
- GI

Pattern

- Ancestors
- Prenatal
- Perinatal
- Early Life

Tumbling the Stone: a chronic illness blog by Veronique Mead, MD, MA; on June 16, 2014www.chronicillnessblog.com
#2 #3 - Critical Periods
Pre and Perinatal

Perinatal is a term that refers to the time around birth: beginning around month 5 of pregnancy and continuing to about 1 month of age.

* Tumbling the Stone: a chronic illness blog by Veronique Mead, MD, MA; on June 16, 2014www.chronicillnessblog.com
#4 - Critical Periods

Ancestors

Perinatal

Birth

Pattern

Age / Time

Trauma & Triggers
A Chronic Illness Model

Initiation during Critical Periods

Perpetuation during Latency Periods

Initiation during Critical Periods

Perpetuation during Latency Periods

Ancestors

Perinatal

Early Life

Precipitating Event

Onset

Trauma & Triggers

Buffers

Birth

Pattern

Illness

Tumbling the Stone: a chronic illness blog by Veronique Mead, MD, MA; on June 16, 2014www.chronicillnessblog.com
A Chronic Illness Model

**Initiation during Critical Periods**
- Bachar 1994
- Benoit 1994
- Barker
- Champagne 2001 (an)
- Fish 2004 (genes)
- Hochberg 2011
- Kinkead 2005
- Leifer 2004
- Litvan 2005
- Rolland 1987
- Hofer
- Rosenheck 1986
- Santos 2005 (genes)
- Sroufe
- Suomi 2003 (an)
- Szyf 2012 (genes)
- Yehuda 98, 05

**Perpetuation during Latency Periods**
- Campbell, 1966
- Folkow 2001
- Kario, 2003
- Khansari, 1990
- Parkerson, 1995
- Rahe, 1969
- Rubin, 1972
- Theorell, 2012
- Youngblut, 2013
- Chrousos 2000
- Levine thesis 1978?
- Porges
- Rabkin 1976
- Schur 1933

**Birth**
- Barker
- Klaus & Kennel
- David Chamberlain
- Ikegawa
- Newnham 2002
- Stott 1973
- Coe 2003 (an)
- Ferrier 2003
- Hochberg 2011
- Kinkead 2005 (an)
- Sanchez 2001
- Felitti
- Mantymaa 2003
- Mate
- Schore
- Srouf
- Valliant Harvard longit study

**Pattern**
- Ancestors
- Perinatal
- Early Life
- Childhood
- Precipitating Event
- Onset

**Trauma & Triggers**

**Buffers**

Tumbling the Stone: a chronic illness blog by Veronique Mead, MD, MA; on June 16, 2014 www.chronicillnessblog.com
Multiple Sclerosis

**Initiation during Critical Periods**
- Antonovsky, 1968
  - Relational loss
- Currier, 1974 & 1982
  - Anoxia at birth
- Gardener, 2009
  - Maternal diabetes
- Maser 1969
  - Operative birth
- Maghzi 2012
  - Cesarean

**Birth**
- Currier 1974
  - Early life and before onset
- Pugliatti 2006
  - Window in childhood
- Poskanzer 1981
  - Critical periods before 15 years old

**Perpetuation during Latency Periods**
- Currier, 1974
  - Bonding affects Risk
- Handel 2010
  - Age onset wide
- McAlpine, 1964
  - Latency not fixed
- Poser, 1986
  - Poser, 2004 trait
- Pugliatti 2006
  - Latency not fixed
- Poser 1990
  - Critical periods before 15 years old
- Wolfson, 1995
  - Critical periods before 15 years old

**Ancestors**
- Alonso, 2008
- Handel, 2010

**Perinatal**
- Currier, 1974
- Poskanzer 1981

**Early Life**
- Currier, 1974
- Poser, 1986
- Pugliatti 2006
- Posner 1990

**Latency**
- Currier, 1974
- Handel 2010
- McAlpine, 1964
- Poser, 1986
- Poser, 2004 trait
- Pugliatti 2006
- Posner 1990
- Wolfson, 1995

**Stress & Onset**
- Bobowick 1978
- Goodin 1999
- Grant 1989
- Harry 1933
- Philippoloulos 1858
- Poser 1980, 1992
- Sibley 1991-site
- Warren 1982

**Similar Models**
- Poskanzer 1981
- Wolfson, 1995

**Buffers**
- Trauma & Triggers

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