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Zdrowie psychiczne a medycyna sychosomatyczna

Psychic health and psychosomatic medicine

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The issue of mental health still is much ignored. The main stream of the scientific thoughts and ideas are connected with the mental disorders and their treatment.

The importance of psychic (mental) health increased after the WHO defined the psychic health as the protective factor of the somatic health (2009). The recognition of the importance of psychosomatic pathogenetic processes in the development of somatic pathology creates new obligations for physicians and whole health care system.

Frequent attenders of primary care and emergency units unjustifiably often (up to 40%) are patients with somatisation, anxiety and depression. Patients with mental problems more often have somatic complains.