

## Stress and Dental Diseases

Jung-Pyo Hong DMD, MSD, PhD

Professor

Department of Oral Medicine

College of Dentistry

Kyung Hee University

Seoul, KOREA

Since the modern man is exposed to innumerable external stimulus, contemporarily, our era is considered as the "Era of Stress", since researches have demonstrated that stress is not anymore metaphysics matter but an entity with specific syndromes and signs, it has brought large concern from clinicians and patients. Stress is defined as an unspecific reaction of the body against the external stimulus, and physiologically autonomic nervous system, endocrine system, and immune system suffer alteration.

Moreover, vigorous research concerning the mutual reaction of central nervous system and immune system caused by stress has created a new field of medicine called Psychoneuroimmunology which is the combination of immunology and neurobiology. Demonstrating that hormone or neurotransmitter altered secretion caused by the action of Hypothalamic-pituitary-adrenal (HPA) Axis due to the stress is responsible for a variety of diseases.

Additionally, emotional stress can be a vital etiological factor of some diseases in maxillofacial area as following diseases : Lichen Planus, Aphthous Stomatitis, Recurrent herpes simplex stomatitis, Xerostomia, Geographic Tongue, Acute Necrotizing ulcerative gingivitis (ANUG) , Halitosis, Bruxism and Temporomandibular Joint Disorders.