



Oksitosin

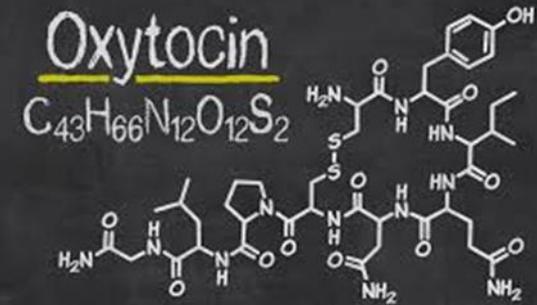
Oxytocin: Is it just a hormone or can it influence the Diplomacy of the Future?

Prof.Dr.E.Elif Vatanoglu-Lutz

drvatanoglu@yahoo.com

<http://oksitosin.com>

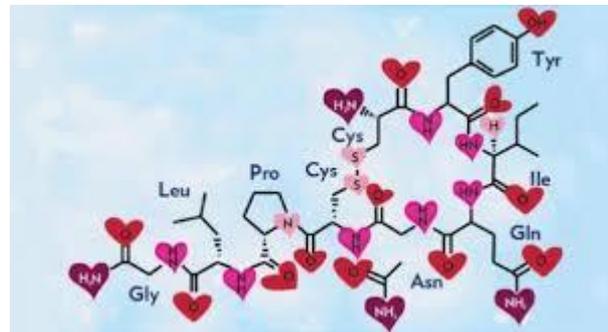
<https://www.instagram.com/oksitosinplatformu/>



- Oxytocin is a hormone that is made in the brain, in the hypothalamus. It is transported to, and secreted by, the pituitary gland, which is located at the base of the brain. In chemistry, oxytocin is classed as a nonapeptide (a peptide containing nine amino acids), while its biological classification is as a neuropeptide. It acts both as a hormone and as a brain neurotransmitter.

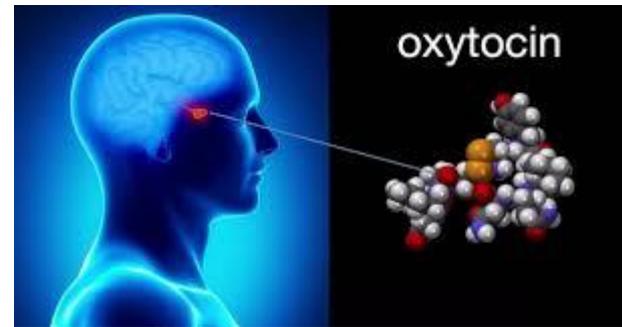
- Love TM. Oxytocin, motivation and the role of dopamine. *Pharmacol Biochem Behav.* 2014 Apr;119:49-60.

- The hormone's influence on our behavior and physiology originates in the brain, where it's produced by the by a structure called the hypothalamus, and then transfers to the pituitary gland which releases into the bloodstream.. Like antennas picking up a signal, oxytocin receptors are found on cells throughout the body. Oxytocin the so-called "love hormone" is being increasingly shown to trigger a wide variety of physical and psychological effects in both women and men. It's like a hormone of attachment. It creates feelings of calm and closeness. When we look at the literature; we see many wonderful effects of this fantastic hormone: Oxytocin promotes attachment , Oxytocin solidifies relationships , Oxytocin eases stress, Oxytocin improves social skills , Oxytocin triggers protective instincts , Oxytocin fosters generosity, compassion and care.



- López-Ramírez CE, Arámbula-Almanza J, Camarena-Pulido EE. Oxytocin, the hormone that everyone uses and that few know. Ginecol Obstet Mex. 2014 Jul;82(7):472-82.

In its best understood role, oxytocin is released in large amounts during labor, intensifying the uterine contractions that open the cervix and allow the baby to pass through the birth canal. Stimulation of the nipples results in oxytocin release and milk let-down during breast feeding. The hormone does not act alone in the chemistry of love, but is just one important component of a complex neurochemical system that increases by touching and allows the body to adapt to highly emotive situations. For these reasons, oxytocin is called the great facilitator of life.



Tom N, Assinder SJ. Oxytocin in health and disease. *Int J Biochem Cell Biol.* 2010 Feb;42(2):202-5

When we talk about Woman Diplomats, these three questions come to our minds:

1. What is the current situation of Women in Diplomacy?

2. Do we really want Women in Diplomacy?

3. Do we want to do something to involve more Women in Diplomacy?



- By the inspiration of this wonderful Oxytocin hormone; I wanted to answer all these questions above with Oxytocin because peace lasts long with the touch of Women in Diplomacy. Women represent patience, care and positive touch ; all these factors are very important for Diplomacy and they are the results of Oxytocin hormone.
- **That's why, I want to foster a project series called 'Women Diplomats and Oxytocin.'**



A. As a starting project idea , I suggest an aim of increasing the health literacy and equality of women.

- It is the base for everything: the good health. The effective and equitable digital transformation of health systems could have many benefits for the whole populations and specifically for women. For example women who are digitally health literate – those that can gain and use knowledge from electronic sources to solve a health problem – are more able to manage personal health and care issues. Better prevention models can be developed, and healthy behaviours supported.



- Smith B, Magnani JW. New technologies, new disparities: The intersection of electronic health and digital health literacy. *Int J Cardiol.* 2019 Oct 1;292:280-282

- However, there is a risk that the most vulnerable women are left behind in the transition . Women with lower social and economic status have a higher burden of diseases, and of course covid-19.. They also face more barriers to accessing and using information.



- Batterham RW, Hawkins M, Collins PA, et al. Health literacy: applying current concepts to improve health services and reduce health inequalities. Public Health. 2016 Mar;132:3-12.

Ensuring that they benefit from the digital transition requires action within health and other sectors; innovation within states and companies; the development of professionals and services; and wider improvements in education, and social justice and inclusion.

Diplomacy is a very important tool achieving these goals. So, my suggestion for 'Women Diplomats and Oxytocin No.1' is about a digital project fostering a very simple app for all the women in the world, including the illiterate ones, in order to follow up their medical condition and vaccination dates etc.



- As we know, cell phones are used everywhere in the world, even in the poorest places; and developing an app related with health matters and making sure that it is implemented on the cell phones of all women can be a very important step .
- Because in my opinion, it is not wrong to say if a woman is healthy, the whole family is healthier. Just because I am suggesting a digital project, an expert in this field is needed.



- If we can make sure in our countries, in a more local sense, in our cities all women have this very simple health app (it should be developed in order to serve even the lowest social levels, illiterate ones) on their mobile phones. If they do not have a cell phone - I don't know the percentage of people without a cell phone, this can be assessed - then, providing a cell phone with this app on it could be the mission.



B. A project for the psychiatric problems of the pandemic period, increasing the well-being of the individuals.

- We see an enormous increase in psychiatric disorders ,especially adolescent related to the COVID-19 pandemic and lockdown. Stressful life events, extended home confinement, brutal grief, intrafamilial violence, overuse of the Internet and social media are factors that could influence the mental health of adolescents during this period. The COVID-19 pandemic could result in increased psychiatric disorders such as Post-Traumatic Stress, Depressive, and Anxiety Disorders, as well as grief-related symptoms. Adolescents with psychiatric disorders are at risk of a break or change in their care and management; they may experience increased symptoms .



- Guessoum SB, Lachal J, Radjack R, Carretier E, Minassian S, Benoit L, Moro MR. Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown. *Psychiatry Res.* 2020 Sep;291:113264.

- The COVID-19 pandemic and lockdown may have a negative impact on the mental health of adolescents, although there is still no data on the long term impact of this crisis. Adolescents' individual, familial, and social vulnerability, as well as individual and familial coping abilities, are factors related to adolescent mental health in times of crisis.
- Adolescents are often vulnerable and require careful consideration by caregivers and healthcare system adaptations to allow for mental health support despite the lockdown. Research on adolescent psychiatric disorders in times of pandemics is necessary, as such a global situation could be prolonged or repeated.



- Adolescent populations are vulnerable in a time of pandemic. Adolescence is a time of difficult transition and maturation towards adulthood. This review shows that early studies on adolescent mental health during the COVID-19 outbreak support a risk of PTSD, depressive and anxiety symptoms during the pandemic. The lockdown and COVID-19 related worries are stress factors, as well as the increase in intrafamily violence associated with the confinement. Sudden deaths due to COVID-19 are possible factors of grief-related psychiatric symptoms, trauma, and depression for adolescents .



- Bohlken J, Schömig F, Lemke MR, Pumberger M, Riedel-Heller SG. COVID-19 Pandemic: Stress Experience of Healthcare Workers. Psychiatr Prax. 2020 May;47(4):190-197

- Vulnerable adolescents may be deprived of school and extra-family support. Adolescents with a psychiatric history are especially at risk. Adolescent girls and adolescents living in lower economic status families may be more vulnerable. Other studies show that more vulnerable populations (women, ethnic minorities, and low-income populations) worry more when they face crises .
- Also, our review reports that adolescents with psychiatric disorders are particularly vulnerable, possibly due to disruption of care, COVID-19 related anxiety, and difficulties in coping with confinement. Besides, there are concerns about excessive access to the internet, social media, and the news. Some free online psychological therapy sessions can be organized for the individuals who need. **There can be a call to all the Medical Chambers of different countries to organize free online psychotherapy and wellbeing sessions for the public.**



- Thank you...

