Editorial

How to Measure Our Sensitivity in Order to Better Understand What Happens and Decide What to Do

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We are obviously sensitive to every kind of stressors. To measure effects is of paramount necessity. A first not specific but quite sensitive way to detect and quantify stress is heart rate variability: sympatho-vagal balance is known to be altered either in acute or even chronically according to the state and of the dynamics of each of us; specificity could be at least partially achieved by keeping fixed as much as possible every other stimuli [1]. Less immediate, and still originally a-specific, is the analysis of the central nervous system instead of the autonomous one: coherences among brain areas, investigated via EEG, MEG, fMRI, NIRS, do even account on our plasticity to the change [2]. Deconvolution of blood samples may help in noninvasively assessing un-accessible and nano-metric pituitary secretion in controlling hormone loops [3]. A real precision analysis is needed to achieve very specific results: epigenetics makes us enhancing gene mediated protein expression in such a way that salient involved genes are detectable in assays together with their networking behavior with proteins expressed to face stimuli [4]. Modeling biophysical and biochemical interactions at molecular, domain and even atomic scale could become the ultimate level in approaching the effect from macro to meso, coarse and micro scales [5,6].

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