

The Loss when Losing a Loved One.

Epidemiological studies of prolonged grief disorder.

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Propositions

1. Grief, if unrelated to pre-existing vulnerabilities, is a normal life event with few or no long-term consequences. (This thesis)
2. Elderly persons with prolonged grief disorder are characterized by more severe brain atrophy than elderly persons with grief. (This thesis)
3. Persons with prolonged grief disorder are more vulnerable to develop cognitive problems than persons with normal or no grief. (This thesis)
4. Persons with prolonged grief disorder showed low levels of morning cortisol and low overall diurnal cortisol characteristic of a chronic stress reaction. (This thesis)
5. In some elderly persons, vascular brain damage precedes the depressive disorder. (This thesis)
6. Healing is a matter of time, but it is sometimes also a matter of opportunity. (Hippocrates)
7. Fighting social disadvantage will not progress if we do not address violence against women.
8. Latin American countries today are without roots; they will not flourish and grow as long as they give no value to Pre-Columbian culture.
9. The media document our acceptance of poverty, hunger, corruption, violence and homicide as daily and normal events, making us ever more apathetic instead of agents of change.
10. The incessant search for happiness and gratification, promoted by movements such as positive psychology and coaching, increases the level of depression and anxiety as the goal of permanent happiness is inevitably frustrated.
Centinela avanzado por tu duelo
11. lleva mi lira un lazo de crespón;
tu ángel custodio remontase al cielo...
ya no eres mío, idolatrado Ancón.

Poema Al Cerro Ancón

Amelia Denis de Icaza, Panamá, 1906.