Curriculum vitae

I. Strempel was born 1946 in Paderborn where she attended school until 1966 when she graduated and took up psychology at university. After one year of psychologic courses she changed to medicine where she obtained her awarded degree of medicine in 1972. In 1973 she gained approval for medicine and received her phD. 1977 she awarded her licence in ophthalmology and started working as a senior consultant one year later. 1982 she became a „reader in medicine“ and was appointed associate professor of university eye hospital Marburg. Since that time she occupies the position of deputy director and is in charge of the policlinic of the implied hospital. Her scientific research was mainly focused on: opthalmic pathology (she owns the universities departement since 1982), „dry-eye-disease“ and psychosomatic medicine as well as music medicine, relaxation methods etc. She generated numerous publications and books on her main focus glaucoma. Some studies on glaucoma are still in progress.
Besides her medical career she is being married to a dermatologist for 40 years and raised 3 children.

Abstract

Methods of Relaxation in Opthalmology

Evedentially Stress and psychic problems have pathogenic effects on our body. Such problems can give rise to discomforts or evoke a great variety of diseases.The eye as being a part of our system is a common victim and symptom-carrier when stress starts to show its harmful effects such as an increase of intraocular pressure(IOP) which is hazardous to patients suffering from glaucoma.
Such Patients show a number of mental similarities and can be characterised as being very susceptible for chronic stress which leads to increased IOP and an imbalanced ocular blood supply. Therefore for this type of Patients it is very important to find a measure of reducing stress which consequently decreases the IOP and ameliorates the blood supply of their retina, choroid and optic nerve as well as improving their mental state.
In more than 20 yeas of research we successfully tested several different methods that turned out to have benefitial effects for glaucoma patients i.e. autogeneous self-relaxation, hypnosis and music medicine.
To take up the method of music medicine, we created a special CD containing relaxation-inducing music (rythm 60 bpm)

combined with directed visualisation exercises (such as an imaginary passage through the eye) and binaural waves of alpha and delta brain rythms.
As a result, each of this 3 scientifically tested methods turned out to have significant impacts on the patients conditions:
-the IOP was significantly reduced
-the blood supply was ameliorated by 100%
-stress hormones were reduced
-the puls rate and blood pressure were decreased
- galvanic skin resistance was decreased
-the patients mental state ameliorated
and subsequently we even were able to reduce the local therapy with IOP lowering medication.