### Allostatic load

Allostatic load is the term used to describe physiological processes that occur in response to stress. It is the wear and tear on the body that accumulates from the chronic exposure to fluctuating or heightened physiological activity. This wear and tear can lead to permanent changes in physiology and increased risk of disease. Allostatic load is particularly pronounced in individuals with low socioeconomic status, as they are more likely to experience chronic stressors such as overcrowding, poverty, and social isolation.

### Regulatory model

The regulatory model of homeostasis suggests that allostatic load is caused by the ongoing activation of the sympathetic nervous system, which results in a state of chronic stress. The sympathetic nervous system is responsible for modulating inflammatory responses throughout the body, and prolonged stress can lead to decreased levels of inflammatory responses.

### Types

- **Type A:** Characterized by high levels of stress and anxiety, Type A individuals are prone to allostatic load.
- **Type B:** Characterized by low levels of stress and anxiety, Type B individuals are less prone to allostatic load.

### Measurement

Allostatic load can be measured through various biological markers, such as cortisol levels and inflammation. These markers can provide insight into the extent of allostatic load and its potential impact on health.

### References