

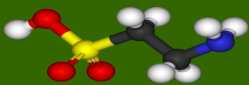
June 2018

Monthly Blast from the Wellness & Safety Awareness Committee



Six Interesting Health Autoimmune Disease Facts

- Some Thyroid Disorders are Autoimmune
- Only Specialized Blood Tests can Detect Them
- Autoimmune Diseases are Wide-Ranging
- You Can't Cure an Autoimmune Disease
- Diet Plays a Huge Role in Autoimmune Diseases
- They Affect more Women than Men



Autoimmune Diseases

Autoimmune Diseases

Your body's immune system protects you from disease and infection. But if you have an *autoimmune* disease, your immune system attacks healthy cells in your body by mistake.

Autoimmune diseases can affect many parts of the body. No one is sure what causes *autoimmune* diseases.



What Causes Autoimmune Diseases?

In most cases, your disease may have been caused by:

- **Genes**, which may make you more likely to have the disease.
- **Environment**, such as a virus that triggers the disease if you have the gene(s).

Common Autoimmune Diseases

Rheumatoid arthritis, Lupus, Inflammatory Bowel Disease, Multiple Sclerosis, Type 1 Diabetes Mellitus, Psoriasis, and Graves Disease.

AUTOIMMUNE DISEASES

Over 100 Different Types of Autoimmune Disorders

Brain
Multiple Sclerosis
Guillain-Barre Syndrome
Autism

Thyroid
Thyroiditis
Hashimoto's Disease
Graves' Disease

Blood
Leukemia
Lupus Erythematosus
Hemolytic Dysglycemia

Bones
Rheumatoid Arthritis
Ankylosing Spondylitis
Polymyalgia Rheumatica

GI Tract
Celiac's Disease
Crohn's Disease
Ulcerative Colitis
Diabetes Type 1

Muscles
Rheumatoid Arthritis
Ankylosing Spondylitis
Polymyalgia Rheumatica

Nerves
Peripheral Neuropathy
Diabetic Neuropathy

Skin
Psoriasis
Vitiligo
Eczema
Scleroderma

Lung
Fibromyalgia
Wegener's Granulomatosis

What are the Symptoms of an Autoimmune Disease?



Most autoimmune diseases cause redness, heat, pain, and swelling.

Many autoimmune diseases affect more than one part of the body.

The symptoms you have will depend on the body part (s) affected, such as:

- ⇒ Joints, which can cause joint pain and stiffness.
- ⇒ Thyroid, which might cause you to be tired, gain weight, or have muscle aches.
- ⇒ Skin, which can cause rashes, blisters, and color changes.

How are they treated?

Treatment depends on the type of autoimmune disease. In most cases, your doctor will prescribe medications to reduce redness, pain, and swelling.



Tests that Diagnose Autoimmune Diseases

No single test can diagnose most autoimmune diseases. Your doctor will use a combination of tests and an assessment of your symptoms to diagnose you. The antinuclear antibody test (ANA) is often the first test that doctors use when symptoms suggest an autoimmune disease.

Resources:

Autoimmune Diseases Medline Plus

Website: <https://medlineplus.gov/autoimmunediseases.html>

Additional Information:

Centers for Disease Control and Prevention, National Center for Health Statistics

Website: <https://www.cdc.gov/nchs>

National Institute of Allergy and Infectious Diseases

Website: <https://www.niaid.nih.gov/diseases-conditions/autoimmune-diseases>

American Autoimmune Related Diseases Association

Website: <https://www.aarda.org>