


AUTOIMMUNE DISEASES AWARENESS MONTH

Autoimmune diseases cause your immune system to confuse healthy cells with foreign cells. This causes your immune system to attack the healthy cells. Autoimmune diseases can also cause inflammation in various parts of the body. Common symptoms include fatigue, muscle aches, swelling, digestion issues, skin problems, recurring fever, and swollen glands.

Find out more at: niehs.nih.gov 

DID YOU KNOW?

Type 1 diabetes, multiple sclerosis, lupus, crohn's disease, and psoriasis are among the most common autoimmune diseases.



80% of people with an autoimmune disease are female.

Excess body fat can alter the immune system.

Smoking and toxic agents are associated with autoimmune diseases.

Genetics may predispose you to developing an autoimmune disease.

There are more than 80 known autoimmune diseases.

MENTAL HEALTH CORNER

Autoimmune patients may experience negative effects on their mental health. Implementing healthy coping skills into your daily life can help cope with the effects of the disease.

Using relaxation techniques, engaging in hobbies, setting realistic goals, and eating a diet recommended by a medical professional can help with mental and physical symptoms of an autoimmune disease.