

## Do Autoimmune Disorders Go Away Who Gets This Disorder?

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### Introduction

Most of these autoimmune diseases don't go away, but we can lessen the impact on us you can treat your symptoms and learn some ways to manage the disease.

The sign of an autoimmune disease is inflammation, which will cause redness, heat, pain and swelling. The diseases can also have flare ups, when they get worse, and remissions, when symptoms get better or disappear. Treatment depends on the disease, but in most cases one important thing is to reduce inflammation.

When the body smells danger from a virus or infection, the immune system kicks it and in reverse it attacks. Sometimes healthy cells and tissues are caught up in this response which results in autoimmune disease. There is no single test to diagnose autoimmune disease. You have some type of symptoms combined with specific blood markers and in some cases, even a tissue biopsy. It will not depend on one factor. Diagnosis can also be difficult because these symptoms can come from other common conditions.

Avoid these foods like caffeine, alcohol, sugar, grains, dairy and red meat and focus on fruits, vegetables, healthy fats and fish. Try these six foods to make your lives better with autoimmune conditions easier.

Even though autoimmune disorders can make life unhappy, they are chronic and not fatal, Shomon says. Most of the cases are seen by range of doctors from internet to rheumatologist to dermatologist.

### Diet Plan for Decreasing Auto Immune Disorders Include

- Leafy Greens. Caffeine and stress both together will deplete magnesium, so including these food sources that add nutrients back into your diet is increasingly more important in our fast growing world.
- Turmeric....
- Broccoli and Cauliflower....
- Salmon....
- Berries....
- Sauerkraut

### This Disorder Gets to Women of childbearing age

Women have this disorder more than men during their childhood age

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### Family history

These autoimmune diseases can be noticed in families, such as lupus and multiple sclerosis. It will certainly affect to different types of autoimmune diseases that affect different members in a single family. Heritability with a certain genes can make us more likely to get an autoimmune disease. The combination of genes and other factors will make the disease to start.

### Environment changes

Environment exposure like sunlight, chemicals called solvents viral and bacterial infections on skin are linked to this auto immune disorders these may worsen if the exposure is more.

### Ethnic background

Some kind of diseases are more common often for some races white people are often seen with type 1 diabetes and Lupus disorder is most severe for African American and Hispanic people.

The treatment for this diagnosis takes too long and stressful process. Although each autoimmune disease is different many have some of the same symptoms. And many symptoms of autoimmune diseases have other types of health problems too. This makes the doctors to find out if you really have an autoimmune disease, and which one it might be. But if you are having symptoms that trouble you, it's important to find the cause. Don't relax if you're not getting any answers. You can take these some of the measures to help find out the cause of your symptoms:

- Share some information about your family health history with extended family's so that it can be useful for doctor to identify.
- Report the symptoms you have, even if they seem unrelated, and share it with your doctor.
- Go to a specialist who will have experience dealing with your most of major symptom. For sample, if you have symptoms regarding inflammatory bowel disease, go to gastroenterologist.

Ask your constant doctor, friends, and others for suggestions.

- Get a second, third, or fourth opinion if needed. If your doctor doesn't take your symptoms seriously or tells you they are stress related then see another doctor.

## Conclusion

Treatments can't cure autoimmune diseases, but they can control the overactive immune response and bring down inflammation or at least reduce pain and inflammation.

Finally autoimmune diseases are more common, affecting more than 23.5 million Americans. These are leading cause of death

and disability. These autoimmune diseases are more, while others, such as Hashimoto's disease, affect many people.

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## Conflict of Interest

There is no conflict disclosed in this article.