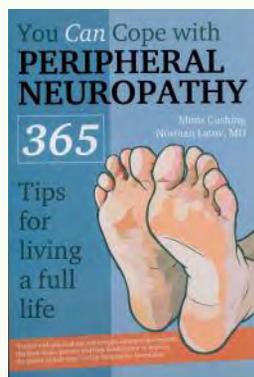


Living Well with Autoimmune Disease

What Your Doctor Doesn't Tell You ... That You Need to Know

Author: Mary Shomon
 Publisher: HarperCollins,
 New York, NY, (212) 207-7000,
www.harpercollins.com

Living Well With Autoimmune Disease is a complete guide to understanding the mysterious and often difficult-to-pinpoint autoimmune disorders. It is written by a bestselling health writer and patient advocate who believes in empowering patients with both conventional and alternative information, resources and self-care tactics that help get a proper diagnosis and life-changing treatment. Featured are first-person accounts from autoimmune disease patients, recommendations and treatment suggestions from some of the nation's leading practitioners, a detailed Risk Factors and Symptoms Checklist that you can take to your practitioner to aid in diagnosis, information on the latest innovative conventional and alternative treatments for autoimmune conditions, a detailed resources section featuring patient support groups, hotlines, websites, practitioners and more to help you in your effort to live well, and a look at the future of autoimmune disease diagnosis and treatment.



You Can Cope with Peripheral Neuropathy

365 Tips for Living a Full Life

Authors: Mims Cushing and Norman Latov, MD
 Publisher: Demos Health,
 New York, NY, (800) 532-8663,
www.demospub.com

You Can Cope with Peripheral Neuropathy, written by both a patient-expert and a doctor, is a resource and guide for anyone living with peripheral neuropathy or for those who suspect they have it but have yet to be diagnosed.

Peripheral neuropathy is a common disease, affecting upward of 20 million Americans, and yet most people have never heard of it. It causes pain and numbness in one's hands and feet. The pain is described by those who have it as a tingling or burning sensation in the limbs, while the numbness is often compared to the feeling of wearing a thin stocking or glove. Because its extent and importance have not yet been adequately recognized, the disease is often misdiagnosed or thought to be a side effect of another disease, such as diabetes, cancer or kidney failure.

The book covers topics that range from what to ask your doctor, to advice on traveling and making your home easier to navigate, to finding a support group, to using vitamins and herbs for treatment. The authors' goals in writing the book are threefold. First, they hope that the medical information will explain how physicians approach the diagnosis and treatment of neuropathy, and answer some frequently asked questions. Second, they want to help people with the 365 tips gathered from exercise trainers, professionals specializing in many different fields, lecturers, neurologists, caretakers, books and other resources. And, last, with the personal histories written by people affected by peripheral neuropathy, they look to inspire and further educate people about this confusing disease.

The Autoimmune Diseases, 4th Edition

Authors: Noel Richard Rose and Ian R. Mackay
 Publisher: Academic Press,
 St. Louis, Mo., (800) 545-2522,
www.elsevierdirect.com

While this edition of *The Autoimmune Diseases* has been in print since 1996, it is now available for a free download at 4ebooks.org. Added to the fourth edition is a more in-depth look at the immune mechanisms underlying autoimmunity and autoimmune disease. The newly incorporated material combines common themes underlying inductive and effector mechanisms and therapies that relate generally to the autoimmune disorders. Also included are tissue-specific interventions to arrest or "cure" autoimmune disease; bone marrow eradication and replacement; basic science and clinical medicine; and boxed points to emphasize key features of each chapter.

When a diagnosis of an autoimmune disease is made, there can be a flood of emotions. While there may be relief that there is something real to treat, there may also be feelings of tremendous loss of the person's prior identity. Although Mary has lupus, the issues relate to those with myositis as well, or any other autoimmune disease. When a diagnosis of an autoimmune disease is made, there can be a flood of emotions. While there may be relief that there is something real to treat, there may also be feelings of tremendous loss of the person's prior identity. Mary, for instance, did not walk out of her physician's office the day of her diagnosis feeling like she was the same person who had walked in. Thus, the question arises: "Who am I now?" Autoimmune disease arise from imbalances in this microflora. We live in a pool of microorganisms; living entities so small, we cannot see them with our naked eyes. From the time we are born, we consume microorganisms. Many of them have made our bodies their home. This will overwhelm your immune system, making it attack your own body. Foods to avoid for those with autoimmune disease are those that are naturally inflammatory. These include foods from the Solanaceae family (tomatoes, potato, egg-plant, bell and chili peppers). Eating an anti-inflammatory diet and replenishing good bacteria through probiotic supplements is a good way to heal your gut. Each autoimmune disorder also will have separate dietary and therapeutic recommendations. It's important to follow your doctor's orders. This is not a quick fix -- it's a lifestyle. For more information, check out the web site of the American Autoimmune-Related Diseases Association, www.aarda.org. Star Lawrence is a medical journalist based in the Phoenix area. WebMD Feature Reviewed by Charlotte E. Grayson Mathis, MD on November 10, 2003. Sources. SOURCES: Mary J. Shomon, author, Living Well With Autoimmune Disease. Noel R. Rose, MD, PhD, professor of molecular microbiology and Healthcare professionals define autoimmune conditions as occurring when the immune system, which normally protects the body from infection by fighting bacteria and viruses, behaves abnormally by attacking the body's own healthy cells. This causes inflammation in the joints, organs, blood vessels, tendons, skin, and more. Many people refer to it as having an overactive immune system. Although some of the symptoms overlap, each of the autoimmune conditions I have are distinct. They exist simultaneously and are therefore comorbid. None of these conditions are contagious, there is currently no cur This autoimmune disease guide is presented by Del Immune (makers of natural immune system supplements). Every day, more people are diagnosed with an autoimmune disorder. While it's becoming an increasing problem impacting the lives of millions of people each year, there's a lot we don't know about autoimmune disease. Causes are difficult to pinpoint based on the current body of research, for instance, especially given the fact that the term autoimmune disease actually refers to a group of 80 to 100 distinct disorders. Disorders and diseases classified as autoimmune

Each autoimmune disorder also will have separate dietary and therapeutic recommendations. It's important to follow your doctor's orders. This is not a quick fix -- it's a lifestyle. For more information, check out the web site of the American Autoimmune-Related Diseases Association, www.aarda.org. Star Lawrence is a medical journalist based in the Phoenix area. WebMD Feature Reviewed by Charlotte E. Grayson Mathis, MD on November 10, 2003. Sources. SOURCES: Mary J. Shomon, author, Living Well With Autoimmune Disease. Noel R. Rose, MD, PhD, professor of molecular microbiology and If you are living with an autoimmune disease, something may have triggered it in your environment. Now you may feel stuck on pharmaceuticals with unpleasant side effects, shuttled from specialist to specialist without any real answers about getting better. But as I mentioned above, genetics is not an immutable verdict, but rather, something you can manipulate through your lifestyle choices.

1. Does having an autoimmune disease increase my risk of getting COVID-19? There is no clear connection so far between autoimmunity and COVID-19. Autoimmunity is different from immunodeficiency (in which the immune system is too weak to fight off infections). If anything, autoimmunity makes the immune system relatively over-active, often causing it to attack the body. That doesn't mean an autoimmune patient is necessarily better at fighting infections. In most cases, it is better to stay on your medications to avoid a flare of your autoimmune disease. You should contact your doctor if you have concerns and before you make any changes in your medications. We do not have a lot of information about immunosuppressants specifically in relation to COVID-19. An autoimmune disease is a condition arising from an abnormal immune response to a functioning body part. There are at least 80 types of autoimmune diseases. Nearly any body part can be involved. Common symptoms include low grade fever and feeling tired. Often symptoms come and go. The cause is generally unknown. Some autoimmune diseases such as lupus run in families, and certain cases may be triggered by infections or other environmental factors. Some common diseases that are generally considered