



Autoimmune Disorders: Issues and the Risk Factors of Autoimmune Diseases

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DESCRIPTION

Immune system problems can result in unusually low or high immune system activity. The body assaults and harms its own tissues when the immune system is overactive (autoimmune diseases). The body becomes more susceptible to infections as a result of immune deficiency illnesses that reduce the body's capacity to fight off intruders. An unidentified trigger may cause the immune system to start manufacturing antibodies that target the body's own tissues rather than battling infections. Immune system activity reduction is a common goal of treatment for autoimmune illnesses.

Issues with the immune system

Antibodies made by the immune system adhere to the linings of joints. Inflammation, swelling, and discomfort are then brought on by immune system cells attacking the joints. Rheumatoid arthritis steadily damages the joints if left untreated, eventually leading to permanent damage. Rheumatoid arthritis treatments may involve a variety of oral or injectable drugs that calm the overactive immune system. Check out the charts that list rheumatoid arthritis medications and their adverse effects.

Systemic lupus erythematosus autoimmune antibodies, which are produced in lupus patients, can cling to body tissues all over. Common areas of involvement in lupus include the joints, lungs, blood cells, nerves, and kidneys. Prednisone, a steroid that impairs immune system function, is frequently prescribed as part of the treatment. Discover more about the signs, causes, and remedies for lupus.

Intestinal inflammation or Inflammatory Bowel Disease (IBD) Instances of diarrhoea, rectal bleeding, need for immediate bowel action; abdominal pain, fever, and weight loss are brought on by the immune system attacking the lining of the intestines. Ulcerative colitis and Crohn's disease are the two main IBD subtypes. Immune-suppressing drugs can be used to treat IBD orally or intravenously. Find out how Crohn's disease and ulcerative colitis differ from one another.

Multiple Sclerosis (MS) having Pain, blindness, weakness, poor coordination, and muscular spasms are among the symptoms

brought on by the immune system's attack on nerve cells. Multiple sclerosis can be treated with a variety of immunosuppressant medications. Learn more about medications for multiple sclerosis and their adverse effects.

The nerves controlling the muscles in the arms and upper torso, as well as the legs, are sometimes attacked by the immune system. The result is weakness, sometimes of a very serious nature. The primary therapy for Guillain-Barre syndrome entails filtering the blood *via* a process called plasmapheresis.

Demyelinating polyneuropathy that is chronically inflammatory. The immune system also targets the nerves in Chronic Inflammatory Demyelinating Polyneuropathy (CIDP), similar to Guillain-Barre, although the symptoms are more severe. If their condition isn't identified and treated very away, about 30% of individuals risk being wheelchair-bound.

Risk elements for autoimmune diseases

Despite the fact that there is no known cause of autoimmune disease, numerous theories suggest that it develops as a result of an overactive immune system attacking the body after an infection or injury. We are aware that some risk factors, such as the following, enhance the likelihood of acquiring autoimmune disorders.

Multiple sclerosis (MS) and other diseases like lupus frequently run in families and explains that while having a family member with an autoimmune disease raises the risk, it does not guarantee that we will get the condition.

Carrying extra pounds increases the chances of psoriatic or rheumatoid arthritis. This might be the result of increased joint stress brought on by being overweight or the production of inflammatory chemicals by adipose tissue.

The health effects of autoimmune disease

Heart disease risk is increased by having lupus, rheumatoid arthritis, or psoriatic arthritis. While preventing heart disease is always a good idea, if we already have one of these problems, prevention becomes even more crucial. Ask the doctor what we can do to maintain heart strong and healthy. For instance,

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eating a good diet, exercising frequently, and maintaining healthy blood pressure and cholesterol levels can all save our life.

Additionally, these actions may lessen autoimmune disease symptoms. In severe circumstances, medicines that suppress the

entire immune system are used to control the body's immune response and stop it from causing more damage. Unfortunately, immunosuppressive medications make people more prone to infections.