

## Inflammation and its Medications

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### DESCRIPTION

Inflammation is the process by which your body's white blood cells and the substances they produce protect you from infection by outside invaders like bacteria and viruses. However, in some diseases, such as arthritis, your body's defense system, or immune system, causes inflammation even when there are no invaders to fight. In autoimmune diseases, your immune system reacts as if normal tissues are infected or otherwise abnormal, causing damage.

There are different types of inflammations. Inflammation can be either acute or chronic. Acute inflammation subsides in a matter of hours or days and is short lived. Chronic inflammation is long lasting inflammation and even after the initial stimulus has passed, chronic inflammation can continue months or years. Chronic inflammation includes diseases such as Cancer, Heart diseases, diabetes, Asthma, Alzheimer's disease. Inflammation causes several types of arthritis, such as Rheumatoid arthritis, Psoriatic arthritis, and Gouty arthritis. Osteoarthritis, fibromyalgia, muscular low back pain, and muscular neck pain are all painful disorders of the joints and musculoskeletal system that aren't always caused by inflammation. Some of the symptoms of inflammation include redness, a swollen joint that may be warm to the touch, joint discomfort, joint stiffness, and a joint that doesn't perform as well as it should. Fever, chills, fatigue/lack of energy, headaches, loss of appetite, and muscle stiffness are all flu-like symptoms caused by inflammation. Chemicals from your body's white blood cells enter your blood or tissues during inflammation to protect your body from invaders. This increases blood flow to the injured or infected

area. It can make you feel hot and red. Fluid leaks into your tissues as a result of some of the chemicals, causing swelling. This defensive mechanism may produce pain by triggering nerves. Increased quantities of white blood cells and the substances they produce inside your joints cause inflammation, edoema, and cartilage loss over time. As part of an autoimmune illness, inflammation can harm your organs. Which organs are impacted determines the symptoms. Examples on how inflammation can affect internal organs include shortness of breath or fluid build-up can be caused by cardiac inflammation. Shortness of breath can be caused by inflammation of the tiny tubes that carry air to your lungs. Nephritis, or inflammation of the kidneys, can lead to high blood pressure and renal failure. Because many organs lack pain-sensitive nerves, you may not experience pain if you have an inflammatory condition. Medication, relaxation, exercise, and surgery to repair joint damage are all options for treating inflammatory illnesses. Your therapy will be determined by a number of factors, including the type of condition you have, your age, the medications you're taking, your overall health, and the severity of your symptoms.

Many medications can help to reduce pain, edoema, and inflammation. They may also help to prevent or reduce the progression of inflammatory diseases. Doctors frequently prescribe many medications. The medications include Non-steroidal anti-inflammatory drugs, Corticosteroids, Antimalarial medications. Some of these are also used to treat cancer and inflammatory bowel disease, as well as to avoid organ rejection following a transplant. When "chemotherapy" drugs are used to treat inflammatory illnesses, the doses are lower and the danger of adverse effects is lower than when they're used to treat cancer.

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