

Myths and Facts about Autoimmune Disease

Myth: Genes and family history are the only factors involved in determining who will get an autoimmune disease.

Fact: A positive family history of autoimmune disorders means that there is a genetic predisposition that may increase your risk

Myth: Autoimmune disorders are more prevalent in men.

Fact: Autoimmune disorders are more prevalent in women than men, and are seen more frequently in certain populations.

Myth: Autoimmune disorders are all life threatening.

Fact: A large number of autoimmune disorders are treatable when diagnosed in the early stage.

Myth: The most common symptom of an autoimmune disorder is nausea or fatigue.

Fact: Nausea or fatigue could be related to a number of diseases or disorders. Each autoimmune disorder is diagnosed with the particular symptoms related to the body tissue that is attacked.

Myth: The goals of all autoimmune disorder treatments are to manage symptoms.

Fact: The goals of all treatments are to manage symptoms, prevent or minimize organ damage and ultimately find a cure.

Myth: An autoimmune disorder affects only one organ or tissue type.

Fact: An autoimmune disorder may affect one or more organ or tissue types at any given time or at the same time.

Myth: An autoimmune disorder only attacks and destroys unhealthy body tissue.

Fact: The immune system can't tell the difference between healthy body tissue and antigens. The result is an immune response that destroys normal body tissues.

Myth: An autoimmune disorder does not affect the bones, joints, or muscles.

Fact: Autoimmune disorders do affect the bones, joints, or muscles.

Myth: An autoimmune disorder can be prevented.

Fact: There is no known prevention for most autoimmune disorders.

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