

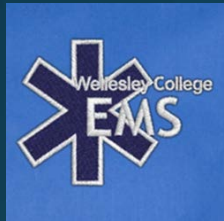


<http://www.ekunji.com/health/natural-remedies-to-boost-immune-system-with-video>

I've Got No Defense!



# A little bit about the presenter:

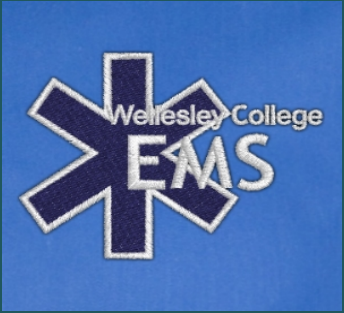


- Becky Valentine
- Bunch of letters
- Wear a lot of hats
- Paramedic
- Educate all levels
- Nationally certified educator
- NAEMSE
- Advisor
- Volunteer
- Huh? © 2018 Valentine

In the grand scheme?

Be mentored  
Mentor  
Pay it forward

# Disclaimer/Disclosure



The views expressed in this presentation are my own and not vetted/censored.



This is a presentation about autoimmune disorders  
NOT legal situations.



Not here to diagnose #cyberchondria



# Off label discussions

# Financial Disclosures







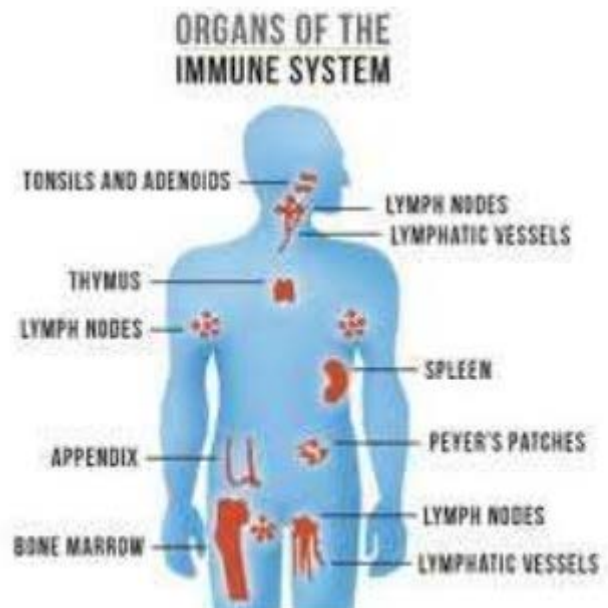
U.S. AIR FORCE PHOTO/TECH. SGT SHANE A. CUOMO



# Immune System 101

What is the function of the immune system?

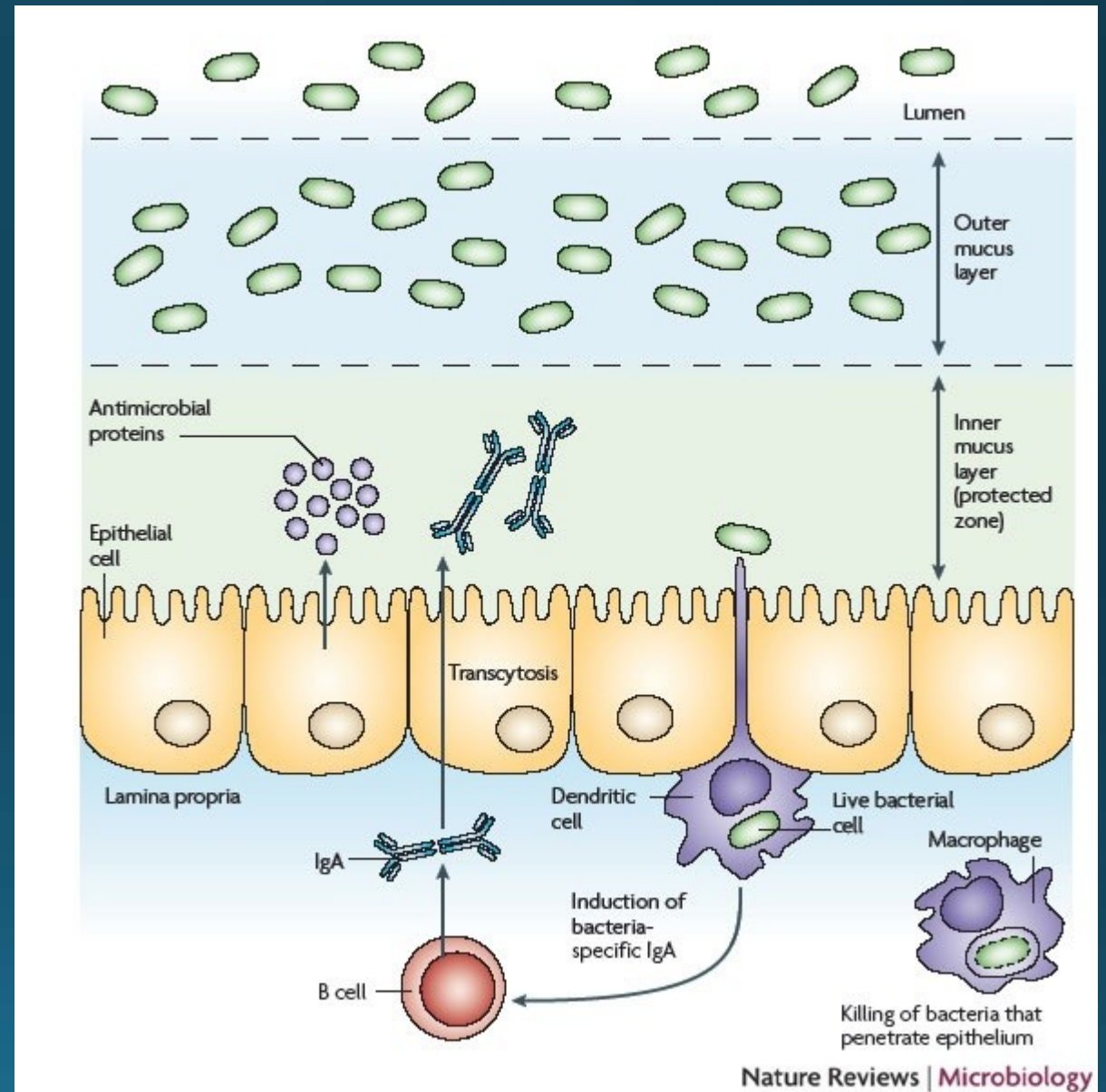
- Protects the body from disease
- 1<sup>st</sup> line of defense = the skin
- 2<sup>nd</sup> line of defense = white blood cells



<https://www.slideshare.net/RosioDeLeon/immune-system-58173693>

# Immune system

Your body is fighting **something** (infection, toxin, allergen, food, stress, lack of sleep).



# What does autoimmune mean?

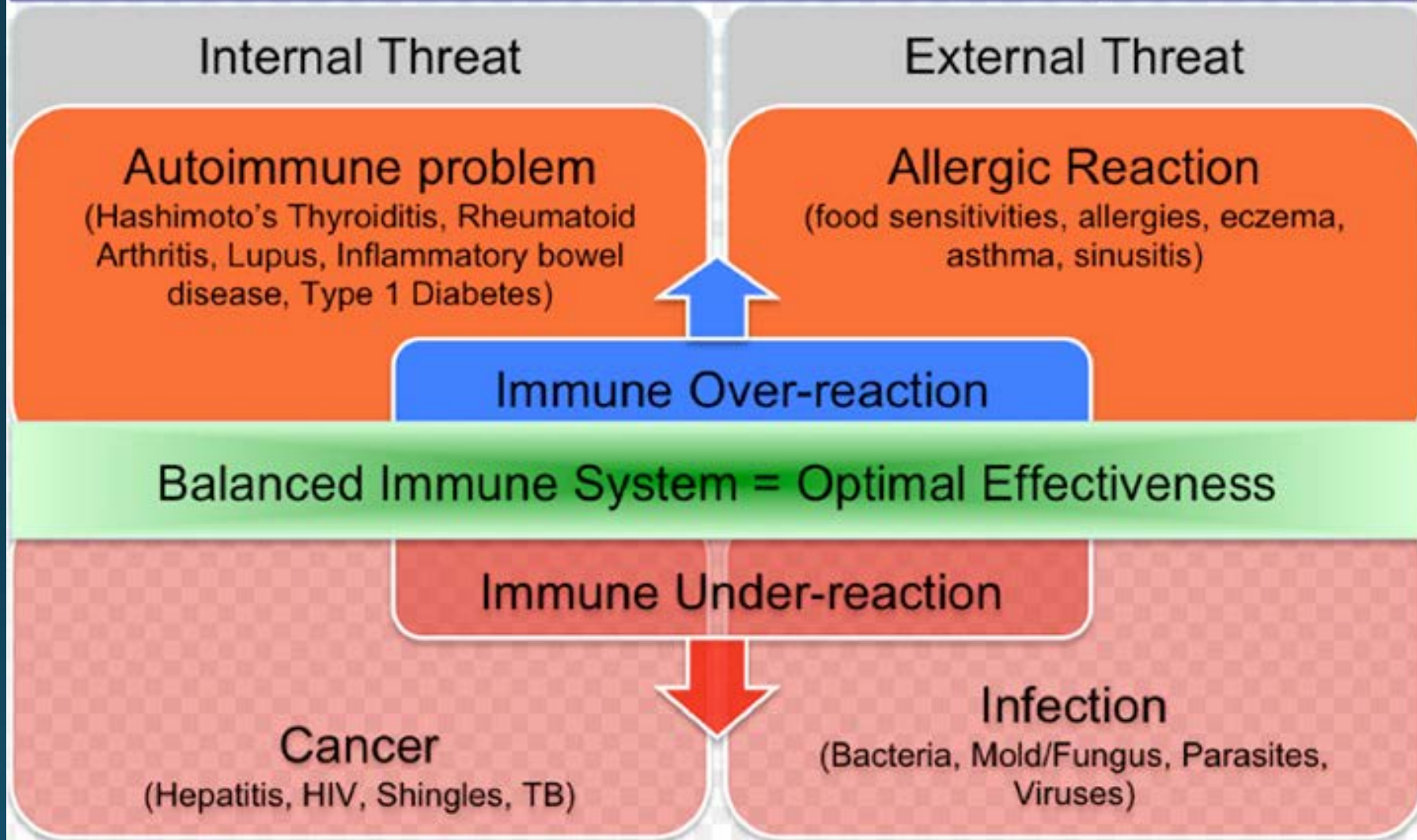


- Immune system self targets
- Systemic inflammation
- Builds intolerance



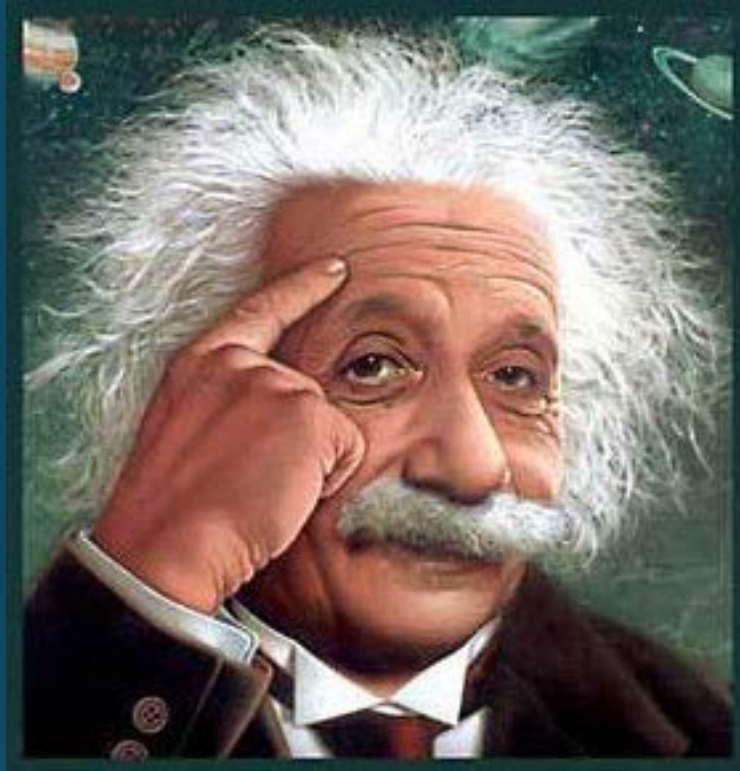


# A Balanced Immune System

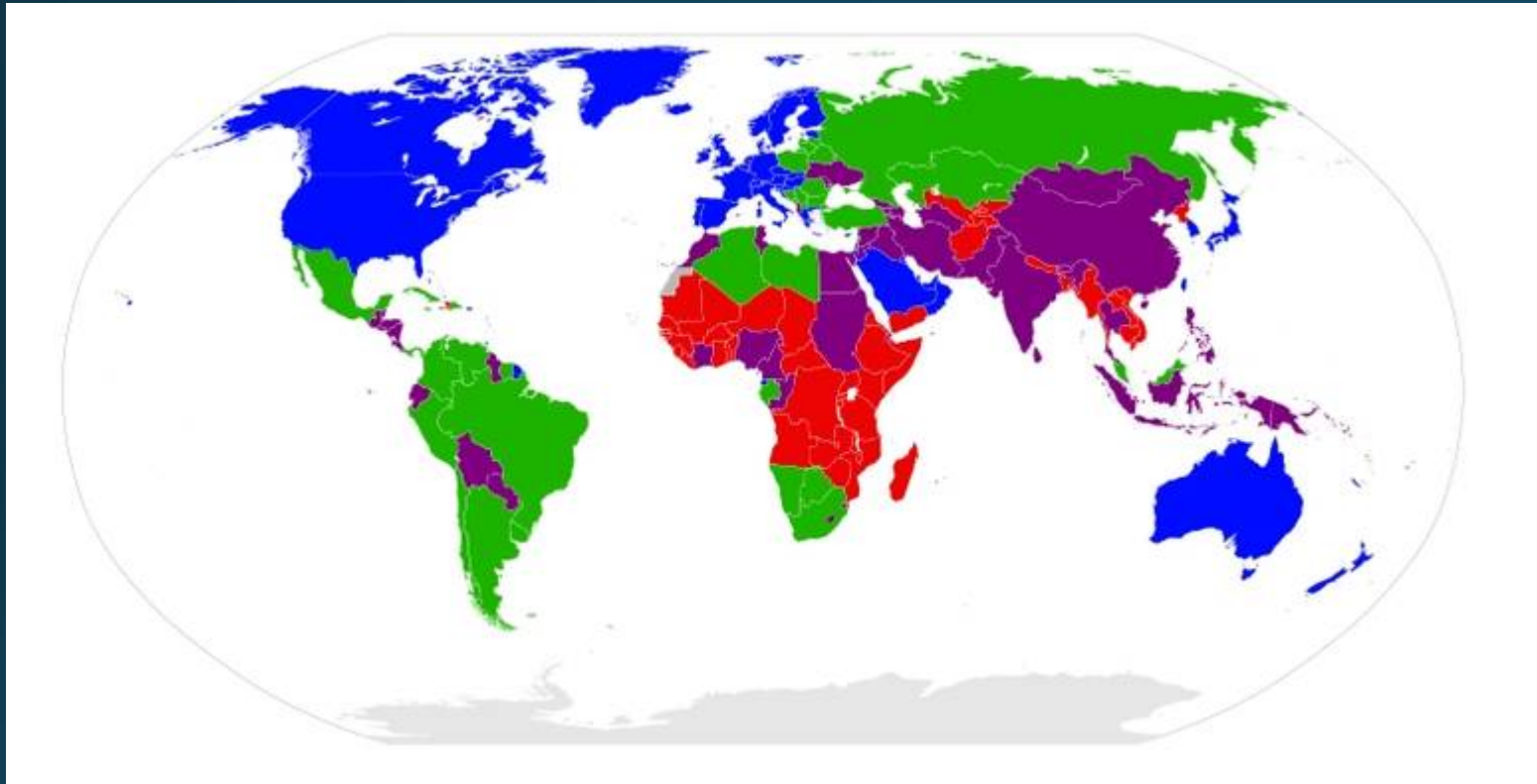




# What causes autoimmune diseases?

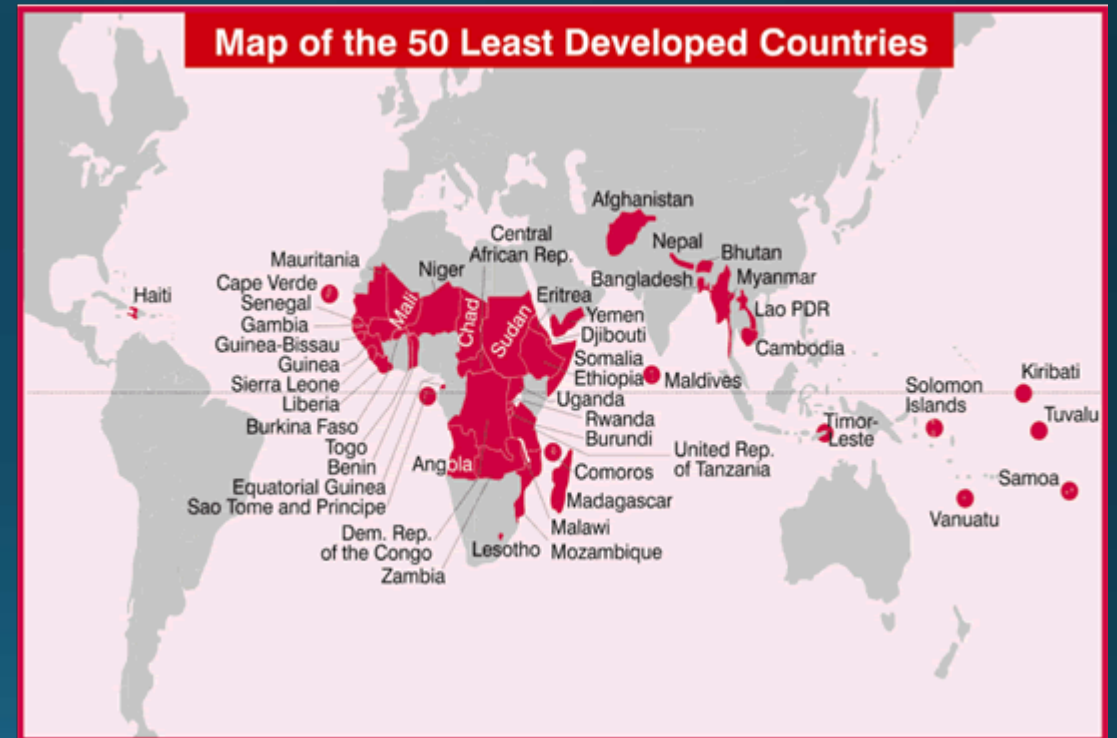


Now, that's a good question!



Autoimmune disorders occur almost exclusively in developed countries.

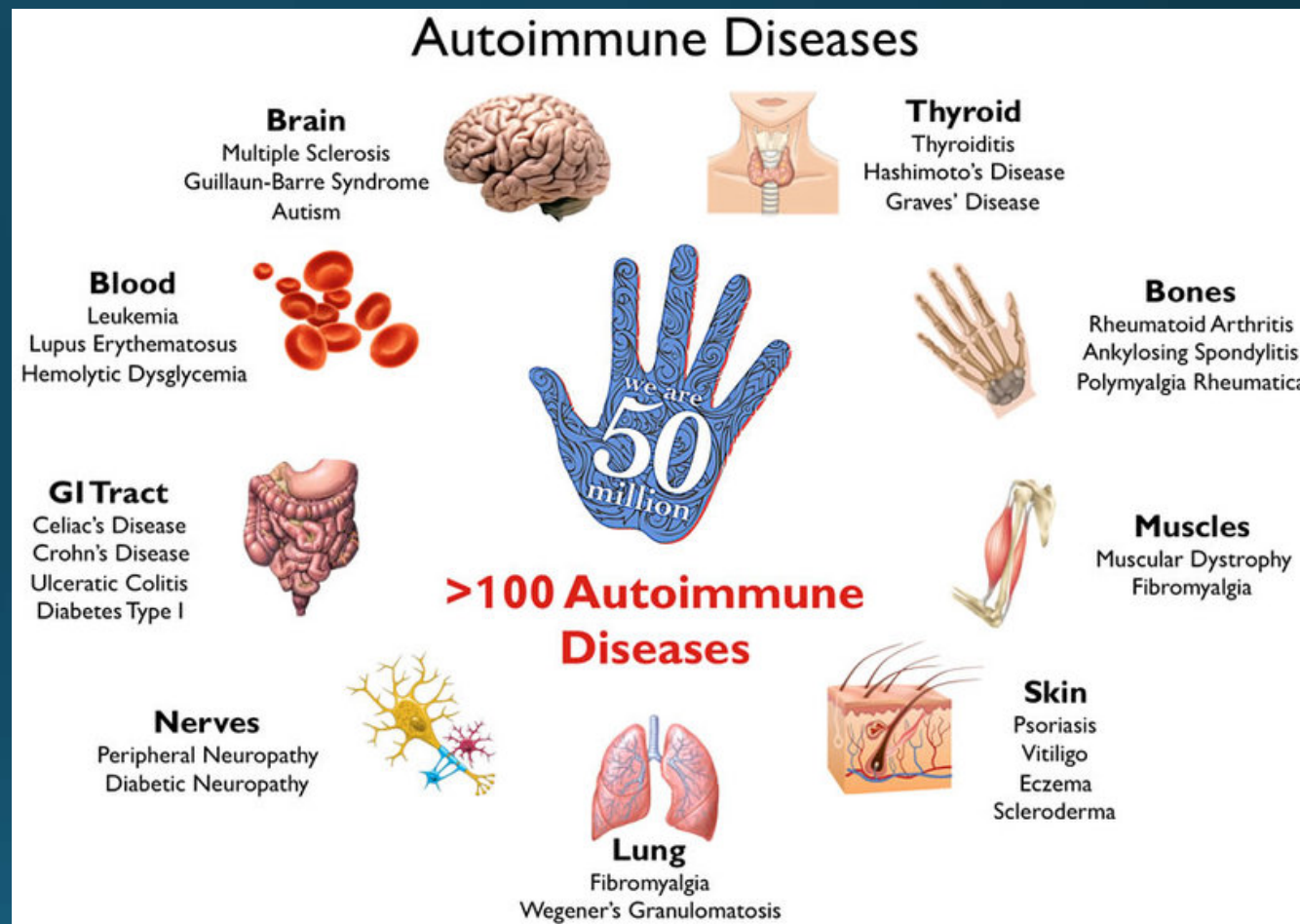
Patients in third world countries don't get these diseases.



#firstworldproblems

# A hostile attack on:

Joints  
Muscles  
Skin  
Nerves  
Thyroid  
GI system  
Bones  
Lungs  
Brain  
Systemic





# Prevalence



- Top 10
- <64 years of age

<https://www.aarda.org/autoimmune-information/autoimmune-statistics/>



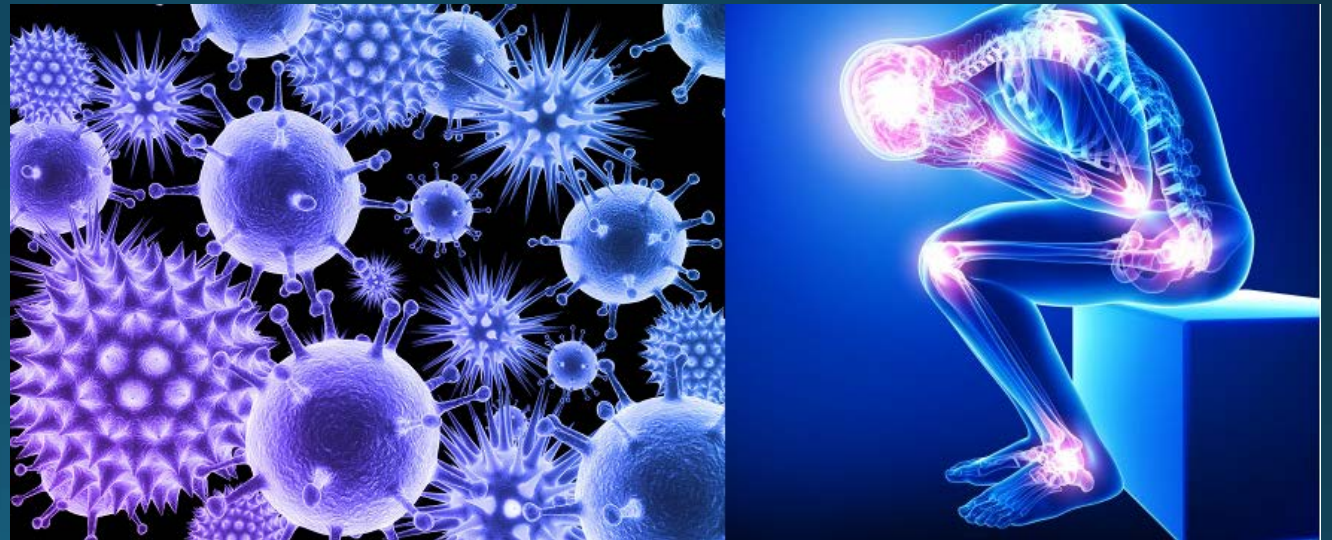
Left Hand



Right Hand

# Autoimmune facts

- 90% of these patients test positive for autoimmune antibodies
- Autoimmune conditions can build silently (10-15 yrs)



# Autoimmune facts

- Exaggerated symptoms

- Extreme fatigue
- Sluggish bowels
- Brain fog
- Inappropriate weight gain
- Dry hair or hair loss
- Always feeling cold
- High cholesterol
- Poor immunity
- Low libido



<https://www.flickr.com/photos/g205/59564824>



<https://www.jms.com/article/print/volume-40/issue-3/features/workplace-fatigue-creates-dangerous-risk.html>



# Prevalence



- NIH
  - 24 million
  - 24 different diseases
- American Autoimmune Related Diseases Association, Inc (AARDA)
  - 50 million
  - 80-100 different diseases
  - Additional 40?

<https://www.aarda.org/autoimmune-information/autoimmune-statistics/>





# Short list

- Chronic pain
- Anxiety
- Depression
- Rheumatoid Arthritis
- Lupus
- Multiple Sclerosis
- Arthritis
- Thyroid disease
- Eczema
- Psoriasis
- Inflammatory Bowel Disease (IBS)
- Gastroparesis
- Crohn's/ Ulcerative Colitis
- Fibromyalgia
- Sarcoidosis
- Type 1 diabetes
- Neuropathy

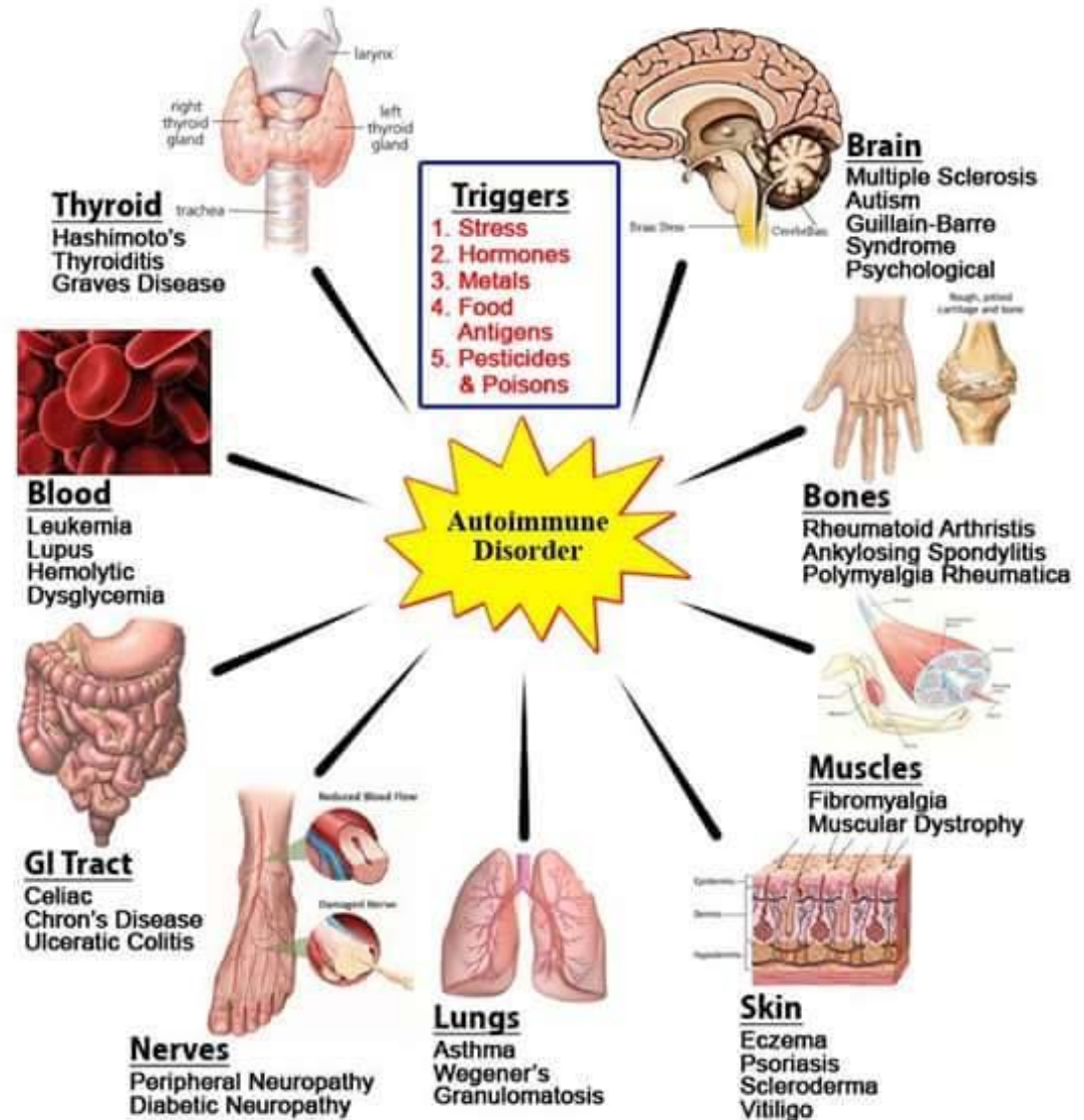
# Two types

organ  
specific

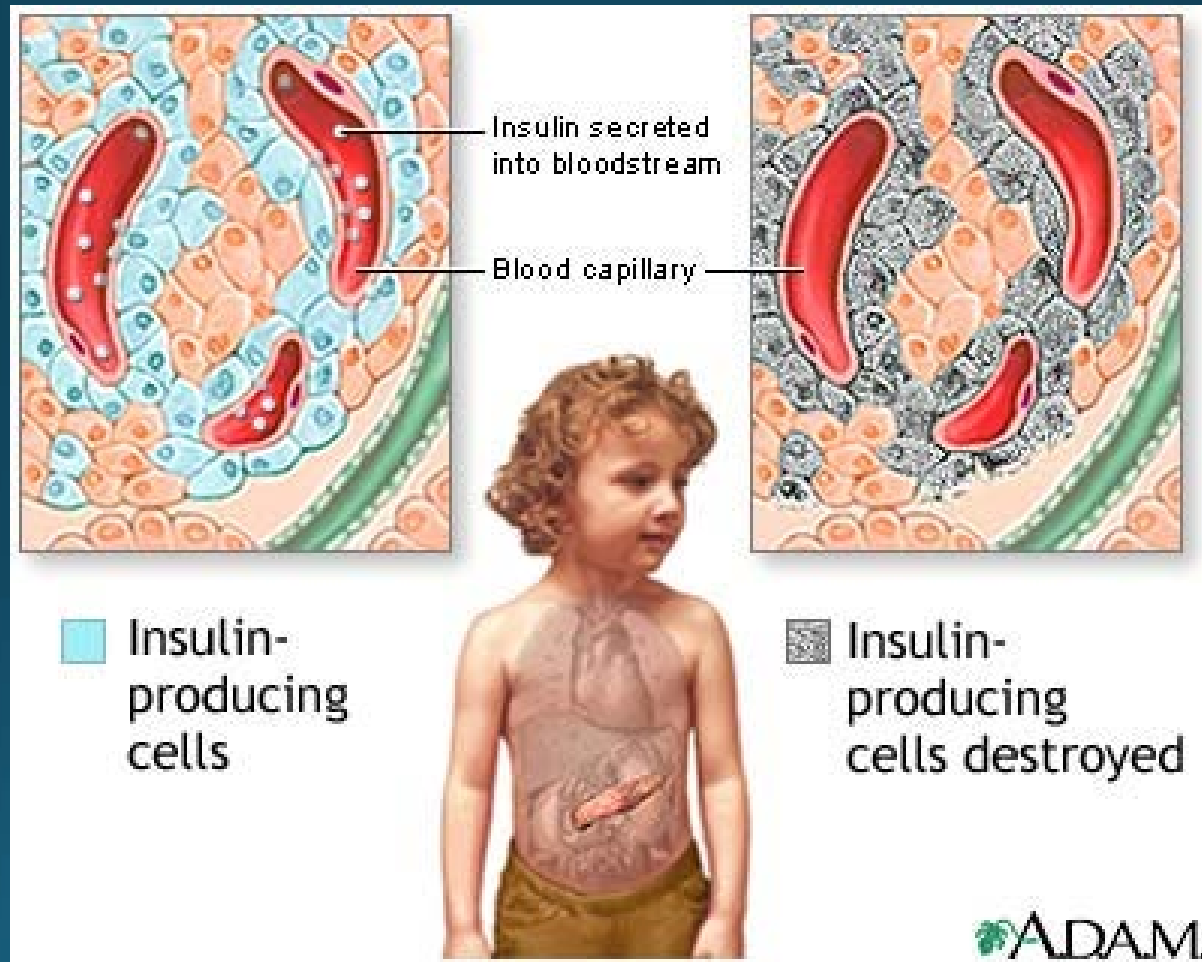
non-organ  
specific

Organ specific  
(localized)

# Tissues of The Body Affected By Autoimmune Attack



# Organ specific – Type 1 Diabetes





# Organ specific – Type 1 Diabetes

- Autoimmune
- Previously known as juvenile diabetes
- 5% (of diabetics) have this form
- ~1.25 million Americans
- ~40,000 newly diagnosed/year
- Flu-like symptoms
- Hypo/hyperglycemic

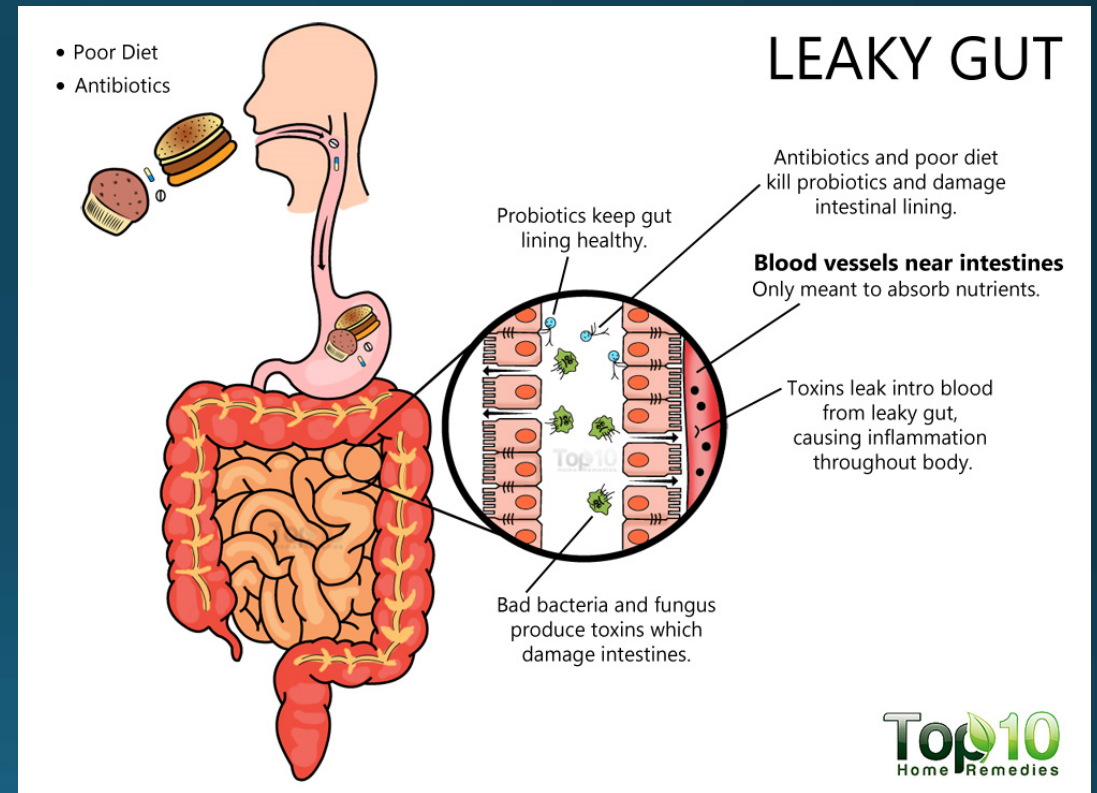
# Organ specific – Type 1 Diabetes

## Blood Sugar and A1C Goals

Time	Goals for adults living with diabetes
Before meals	80-130 mg/dL
1-2 hours after meals	Less than 180 mg/dL
A1C	Less than 7%

# Leaky Gut

- Occurs when undigested food particles, bacteria and virus make their way through the wall and into your blood stream
- Triggers major inflammatory response
- Sets the stage for many autoimmune diseases



Non-organ specific  
(systemic)

# Non-organ specific – Scleroderma

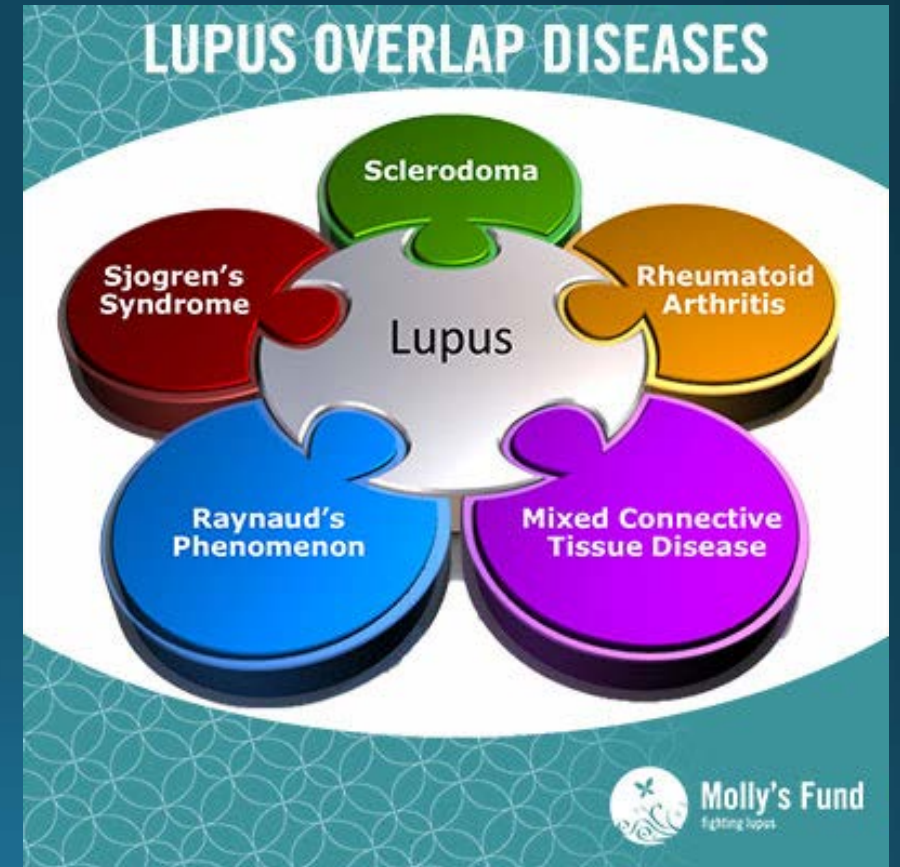




# Non-organ specific – Arthritis Rheumatoid & Psoriatic



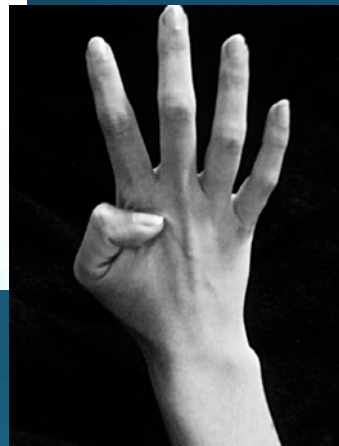
# Non-organ specific – Systemic lupus erythematosus



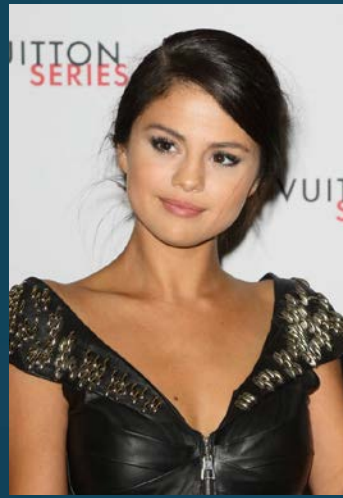
# Non-organ specific – Collagen Disorders



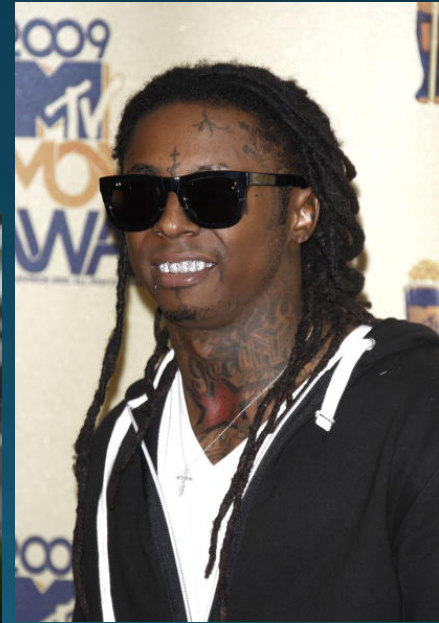
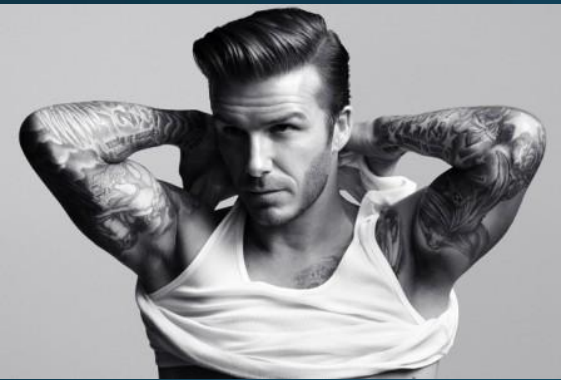
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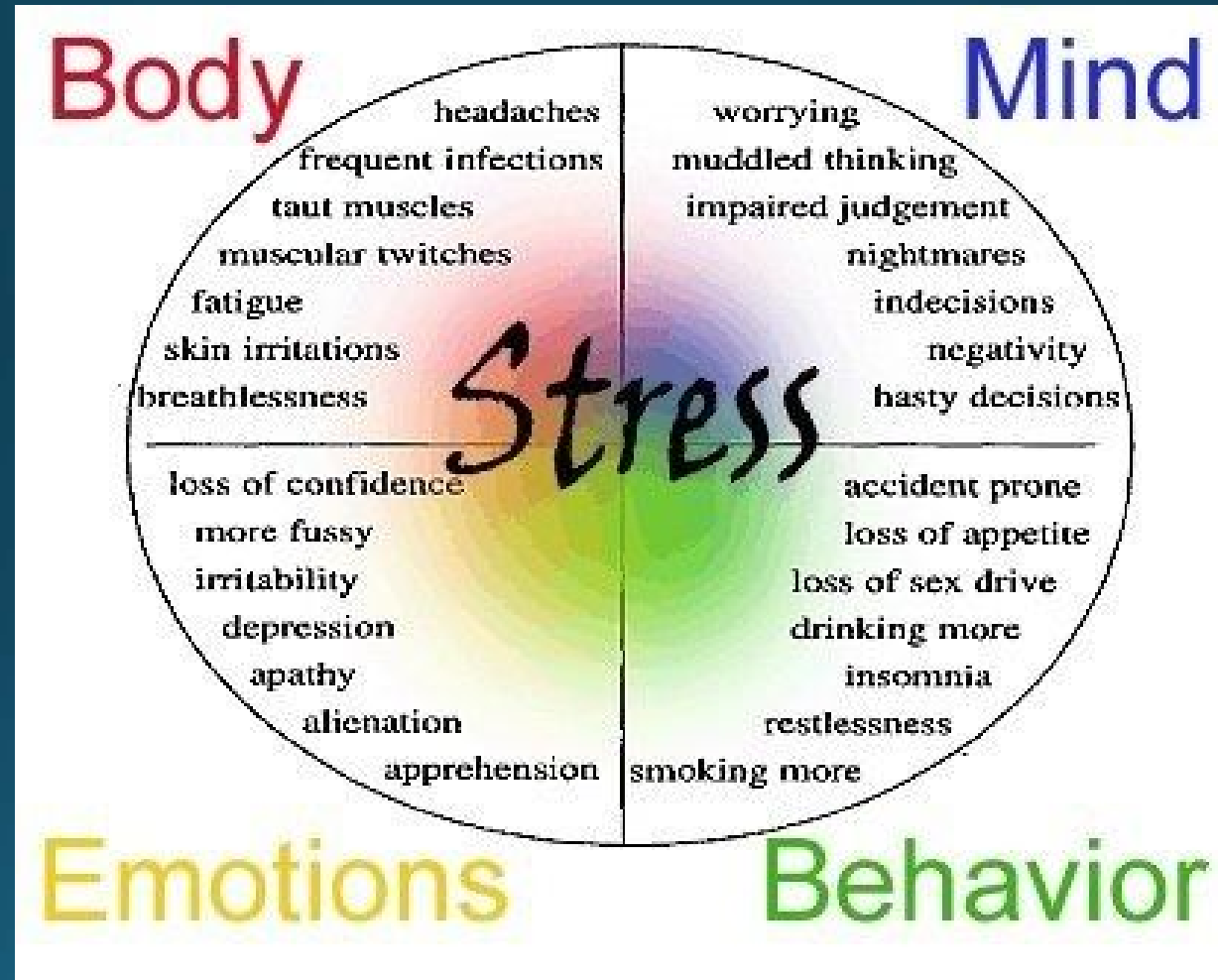




Could I still have an autoimmune disease without signs and symptoms?



# Clues along the way





# 10 Warning Signs of an Autoimmune Disease

1. Feeling fatigued or tired
2. Difficulty concentrating or focusing
3. Weakness or pain or tremors in the muscles/joints
4. Hair loss
5. Dry eyes, mouth or skin
6. Unexplained weight gain or loss
7. Numbness or tingling in the hands or feet
8. Abdominal pain, blood in urine or stool, diarrhea
9. Rashes, hives, or photosensitivity
10. Multiple miscarriages or blood clots

To learn more about autoimmune diseases, please visit:  
<http://www.mollysfund.org/autoimmune-diseases>



Meds, foods, activities and lifestyle exacerbate

# Can Autoimmune Diseases be fatal?

Absolutely

# What can we do?



Fab  
Five!

**A**

AIRWAY

**B**

BREATHING

**C**

CIRCULATION

**D**

DISABILITY

**E**

EXPOSURE



**Can you see me? Can you see my Pain?**



**Making Invisible  
Disabilities Visible**

**Don't make me Invisible.**

**Support invisible disability Awareness.**

Making Invisible Disabilities Visible [www.facebook.com/BrainlessBlogger](http://www.facebook.com/BrainlessBlogger)

**Everyone you meet is  
fighting a battle you  
know nothing about.**

**Be kind.**

**Always.**



I haven't  
felt alright

for a really  
long time.

Sometimes we  
need someone to  
simply be there.

Not to say anything  
or fix anything,  
but to let us know  
they're on our side,  
and that they care  
for us.





**I Believe You**

**Are Powerful Words  
To Someone  
With An  
Invisible Illness**



Never forget to be kind

# Resources

- American Autoimmune Related Diseases Association, Inc.
  - <https://www.aarda.org/>
- Atlantic Health System
  - <http://www.atlantichealth.org/overlook/our-services/rheumatic-and-autoimmune-diseases/helpful-resources.html>
- The Paleo Mom
  - <https://www.thepaleomom.com/4-awesome-resources-to-be-successful-on-an-autoimmune-protocol-in-2016/>
- NIH
  - <https://healthfinder.gov/FindServices/SearchContext.aspx?topic=82&Branch=6&show=1>
- Even Better Health
  - <http://www.evenbetterhealth.com/autoimmune-disease-resources.php>
- National Institute of Allergy and Infectious Diseases
  - <https://www.niaid.nih.gov/diseases-conditions/autoimmune-diseases>

# Questions?

See you at the  
lightning rounds!



Some people spend their whole  
life wondering  
"Did I make a difference?"



*Some people don't  
need to wonder*



Becky Valentine  
emt1teacher@yahoo.com

Thank you for taking the time to learn  
to better yourself and your community