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?
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
Immune System 101

What is the function of the immune system?

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

AUTOIMMUNE
When the Body Attacks Itself
A Balanced Immune System

Internal Threat
- Autoimmune problem (Hashimoto’s Thyroiditis, Rheumatoid Arthritis, Lupus, Inflammatory bowel disease, Type 1 Diabetes)

External Threat
- Allergic Reaction (food sensitivities, allergies, eczema, asthma, sinusitis)

Immune Over-reaction

Balanced Immune System = Optimal Effectiveness

Immune Under-reaction

Cancer (Hepatitis, HIV, Shingles, TB)

Infection (Bacteria, Mold/Fungus, Parasites, Viruses)

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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

Autoimmune Diseases

Brain
- Multiple Sclerosis
- Guillain-Barre Syndrome
- Autism

Blood
- Leukemia
- Lupus Erythematosus
- Hemolytic Dysglycemia

GI Tract
- Celiac's Disease
- Crohn's Disease
- Ulcerative Colitis
- Diabetes Type I

Nerves
- Peripheral Neuropathy
- Diabetic Neuropathy

Lung
- Fibromyalgia
- Wegener's Granulomatosis

Skin
- Psoriasis
- Vitiligo
- Eczema
- Scleroderma

Muscles
- Muscular Dystrophy
- Fibromyalgia

Bones
- Rheumatoid Arthritis
- Ankylosing Spondylitis
- Polymyalgia Rheumatica

>100 Autoimmune Diseases

50 million

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Prevalence

- Top 10
- <64 years of age

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

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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
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/
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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

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

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Two types

organ specific

non-organ specific
Organ specific (localized)
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Goals for adults living with diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before meals</td>
<td>80-130 mg/dL</td>
</tr>
<tr>
<td>1-2 hours after meals</td>
<td>Less than 180 mg/dL</td>
</tr>
<tr>
<td>A1C</td>
<td>Less than 7%</td>
</tr>
</tbody>
</table>

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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

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Non-organ specific – Collagen Disorders
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?

Don't make me Invisible.
Support invisible disability Awareness.

Making Invisible Disabilities Visible  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
• 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!
Becky Valentine
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Thank you for taking the time to learn
to better yourself and your community