

## Autoimmune Disease: The Complications of Body's Immune System

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### DESCRIPTION

Autoimmune diseases are a group of disorders that occur when the immune system, which is designed to protect the body from harmful invaders, mistakenly attacks healthy cells and tissues. These diseases can affect various organs and systems in the body, leading to chronic inflammation, tissue damage, and a wide range of symptoms. This study discusses about the nature of autoimmune diseases, their causes, common types, diagnostic approaches, and available treatment options. The immune system is a complex network of cells, tissues, and organs that work together to defend the body against bacteria, viruses, and other harmful substances. In individuals with autoimmune diseases, the immune system fails to distinguish between self and non-self, leading to an attack on the body's own cells and tissues.

### Causes of autoimmune disease

The exact causes of autoimmune diseases are still not fully understood. However, it is believed that a combination of genetic and environmental factors plays a role in their development. Certain genes may predispose individuals to autoimmune diseases, making them more susceptible. Environmental triggers, such as infections, toxins, or hormonal changes, can also contribute to the onset of these diseases.

### Types of autoimmune diseases

There are more than 80 known autoimmune diseases, each affecting specific organs or systems in the body. Some of the most common autoimmune diseases include

- A chronic inflammatory disorder primarily affecting the joints, causing pain, stiffness, and swelling.
- A multisystem autoimmune disease that can affect the skin, joints, kidneys, heart, and other organs. It is characterized by a wide range of symptoms, including fatigue, joint pain, skin rashes, and kidney problems.

- A neurological autoimmune disease that affects the central nervous system, causing damage to the protective covering of nerve fibers and leading to various neurological symptoms.
- An autoimmune disease in which the immune system attacks the insulin-producing cells in the pancreas, resulting in high blood sugar levels and the need for lifelong insulin therapy.
- An autoimmune disorder triggered by the ingestion of gluten, a protein found in wheat, barley, and rye. It leads to damage in the small intestine, interfering with nutrient absorption.

### Diagnosis and approaches

Diagnosing autoimmune diseases can be challenging due to their diverse symptoms and overlap with other conditions. Healthcare professionals typically rely on a combination of medical history, physical examination, laboratory tests, and imaging studies to make a diagnosis.

Blood tests are commonly used to measure specific antibodies or immune system markers that are indicative of autoimmune activity. These tests can help identify the presence of autoantibodies, inflammation markers, or specific antibodies associated with particular autoimmune diseases. In some cases, a biopsy of affected tissue may be necessary for confirmation.

### CONCLUSION

Overall, autoimmune diseases present complex challenges, but with ongoing research, improved diagnostic techniques, and a multidisciplinary approach to treatment, there is optimism for better understanding, management, and ultimately, improved outcomes for individuals living with these conditions. Advancements in targeted therapies and immunomodulatory drugs offer hope for improved outcomes and a better quality of life for individuals living with autoimmune diseases.

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**Received:** 26-May-2023, Manuscript No. JSGST-23-24528; **Editor assigned:** 30-May-2023, PreQC No. JSGST-23-24528 (PQ); **Reviewed:** 13-Jun-2023, QC No. JSGST-23-24528; **Revised:** 20-Jun-2023, Manuscript No. JSGST-23-24528 (R); **Published:** 27-Jun-2023, DOI: 10.35248/2157-7412.23.14.393

**Citation:** Mayo U (2023) Autoimmune Disease: The Complications of Body's Immune System. J Genet Syndr Gene Ther. 14:393.

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