

## GLOSSARY Nº6: Autoimmune Disease

A group of diseases that occur when the **immune system starts recognizing our own cells as foreign/threats** and attacks them, thus harming/destroying them.

**It's like a self-destruction mechanism.**



Types of Autoimmune disease	What is it? What does it cause?
Arthritis	<b>Inflammation of joints</b> , which lead to joint deformities. Symptoms include pain, swelling, and limited joint function.
Celiac disease	<b>Intolerance to gluten</b> (a protein found in cereals, like wheat, barley and rye). If a patient ingests gluten it leads to damages in the small intestine.
Eosinophilic esophagitis (EoE)	It's a <b>chronic, immune condition</b> where there is an accumulation and overstimulation of a specific type of white blood cells (eosinophils) in the throat. <u>It causes gastric acid reflux, swallowing and feeding difficulties.</u> <b>It's triggered by food allergies.</b>
Glomerulonephritis	A type of <b>kidney disease caused by persistent inflammation</b> . It can manifest with alterations in urine, namely in its colour (it can become pink or cola-colored) or aspect (becomes foamy), and it can also cause swelling.
Inflammatory bowel disease	It's a group of diseases (e.g Crohns disease) associated by permanent inflammation of the digestive tract. It can cause diarrhoea, belly pain, among other.
Hemolytic anemia	A disease caused by an accelerated destruction of red blood cells, which causes a chronic form of anemia (low levels of red blood cells and/or haemoglobin/iron in the blood).
Psoriasis	A skin disease that leads to the formation of silvery scales and red patches that are itchy and sometimes painful.
Sjögren's syndrome	A disease that causes eye and mouth dryness
Vasculitis	A disease that causes inflamed, thickened and weakened blood vessel walls.