R. A. A. I. D.

Changing The Way You View A Website

Signs & Symptoms Of Autoimmune Diseases

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Frequent Signs & Symptoms

01. Extreme Fatigue
    - Muscle and Joint Pain
    - Muscle Weakness
    - Swollen Glands
    - Inflammation
    - Susceptibility to Infections
    - Sleep Disturbances
    - Weight Loss or Gain
    - Low Blood Sugar

02. Digestive Problems

03. Anxiety & Depression
    - Memory Problems
    - Thyroid Problems
    - Re-Current Headaches
    - Candida Yeast Infections
    - Allergies

04. Low Grade Fever
    - Blood Pressure Changes

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Frequent Signs & Symptoms

It may be hard to believe that these are in anyway connected as you are probably not experiencing all of these signs or symptoms. If you are experiencing any of these seek medical help. **Click on topics to read more.**

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- **Muscle and Joint Pain**
- **Muscle Weakness**
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- **Susceptibility to Infections**
- **Sleep Disturbances**
- **Weight Loss or Gain**
- **Low Blood Sugar**
- **Digestive Problems**
- **Anxiety & Depression**
- **Memory Problems**
- **Thyroid Problems**
- **Re-Current Headaches**
- **Candida Yeast Infections**
- **Allergies**
- **Low Grade Fever**
- **Blood Pressure Changes**

This has lead many to believe that the cause or symptoms can lay dormant in the human body until triggered. Even the exact cause or trigger can go undetected throughout a persons life. Because of this the average human being will no doubt experience the symptoms but will be unaware of what the cause is until it is too late.

At this time there are 80 to 100 known autoimmune diseases, with at least 40 suspect diseases. They are chronic and can be life threatening. They usually last a lifetime. The vast majority of those afflicted are under the age of 35 when first diagnosed. Most people can go there entire lives, and never have any signs or symptoms.
1. **Extreme Fatigue** - Fatigue is one of the primary universal signs mentioned by all sufferers of autoimmune disease.

2. **Muscle and Joint Pain** - These signs come in second. The symptoms can often be overlooked and later found in almost every autoimmune disease.

3. **Muscle Weakness** - Feeling weak is a common symptom that everyone feels. But this is also found to be a common trait.
4. **Swollen Glands** - The throat area, under the arms, and at the top of the legs in the groin area. Glands can also be mistaken or misdiagnosed.

5. **Inflammation** - As inflammation is a everyday occurrence in autoimmune disorders the pain that comes along with it can very often be chronic.

6. **Susceptibility to Infections** - With an Autoimmune disease you experience common colds, bladder infections, ear infections, sore throat, and sinus problems. The list does not stop there. Your immune system is vulnerable as it is attacked daily.
7. **Sleep Disturbances** - Many people complain of insomnia or trouble falling asleep. Sleeping too much has also been mentioned by many as a common sign.

8. **Weight Loss/Weight Gain** - Changes in weight are very common. 100 lbs. can be gained within months due to medications such as Prednisone.

9. **Low Blood Sugar** - Another common sign in autoimmune disease is hypoglycemia.
10. **Blood Pressure Changes** - Most people have low blood pressure, while there are some that have high blood pressure. Feelings or dizziness or vertigo, fainting, palpitations and fluctuations in heart rate.

11. **Candida Yeast Infections** - Virtually all autoimmune diseases have this in common. It can appear as a digestive disturbances. Or even as a sinus infections, vaginal yeast infections or thrush.

12. **Allergies** - There are numerous problems with food, processed chemicals, environmental allergies and sensitivities.
13. **Digestive Problems** - Abdominal pain, bloating, tenderness, heartburn, cramps, constipation, diarrhea and excessive gas. Very common to quite a few autoimmune diseases.

14. **Anxiety & Depression** - Mood swings, emotional changes, panic attacks, and excessive irritability. Very common in most autoimmune disorders.

15. **Memory Problems** - Commonly known as "brain fog". It appears to be a problem in numerous disorders.
**Liver**
The largest organ inside the body. Makes bile (fluid that helps break down fats and gets rid of wastes in the body); changes food into energy; and cleans alcohol, some medicines, and poisons from the blood.

**Gallbladder**
Stores the bile made in the liver, then empties it to help digest fats.

**Large intestine**
Also called the colon. It absorbs water and sodium from stool.

**Appendix**
A pouch attached to the first part of the large intestine. No one knows its function.

**Esophagus**
Carries food from the mouth to the stomach.

**Stomach**
The organ where digestion of protein begins.

**Pancreas**
A gland that makes enzymes for digestion and the hormone insulin (which helps the body turn food into energy).

**Small intestine**
The organ where most digestion occurs.

**Rectum**
The lower end of the large intestine, leading to the anus.

**Anus**
The opening at the end of the digestive tract where bowel movements leave the body.
16. **Thyroid Problems** - Some people suffer from hypothyroidism, while others are faced with a hyperthyroid. A typical thyroid test may not show these signs.

17. **Headaches** - Many have complained of migraines or severe headaches. This is often overlooked until a diagnosis is determined in some people.

18. **Low Grade Fevers** - This is very common, with some people experiencing this every day.
For More Information On Autoimmune Diseases And Other Related Conditions:

Website:  weishendopublications.com

R. A. A. I. D. is an organization created by Weishendo Publications which is dedicated to Raising the Awareness of Auto-immune Diseases, by using multimedia as a platform to reach others. We are committed to reaching those who are unaware of the effects, by sharing knowledge about these and other illnesses to the general public, and explaining how they affect our society.

Please consult your doctor, or a certified physician, before following the information given here. R.A.A.I.D., nor anyone else involved, will not be held liable for any complications that may occur. The information here is given as an educational aid to inform others about the medications, and treatment available to people who are affected by autoimmune diseases. By following this information you accept full responsibility of any problems, difficulties, or injuries.

This publication may contain information about medications, or procedures used to treat autoimmune diseases and other related health condition. When this publication was printed, we included the most up-to-date (accurate) information available. Occasionally, new information on autoimmune diseases is released. For updates or any questions about autoimmune diseases please feel free to contact us.

Also you can follow us on: Facebook, Twitter, Pinterest, and YouTube. We periodically update and publish new information and links.
Health & Wellness Links

Current views of health and illness recognize health as more than the absence of disease. Realizing that humans are dynamic beings whose state of health can change from day today or even from hour to hour, leaders in the health field suggest that it is better to think of each person as being located on a graduated scale or continuous spectrum (continuum)ranging from obvious dire illness through the absence of discernible disease to a state of optimal functioning in every aspect of one's life. High-level wellness is described as a dynamic process in which the individual is actively engaged in moving toward fulfillment of his or her potential. [http://medical-dictionary.thefreedictionary.com/Health](http://medical-dictionary.thefreedictionary.com/Health)

- [http://www.myositis.org/](http://www.myositis.org/)
- [http://www.aarda.org/](http://www.aarda.org/)
- [http://www.arthritis.today.org/](http://www.arthritis.today.org/)
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- [http://www.thyroid-info.com/index.htm](http://www.thyroid-info.com/index.htm)
- [http://www.rheumatology.org/](http://www.rheumatology.org/)
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