Points To Remember About Autoimmune Diseases

- Autoimmune diseases refer to problems with the immune system, which usually fight off viruses, bacteria and infection. The problem causes your immune cells to attack your body by mistake.
- These diseases can affect almost any part of the body.
- In most cases, your doctor will prescribe medications to reduce redness, pain, and swelling.

What are autoimmune diseases?

Autoimmune diseases refer to problems with the immune system, which usually fights off viruses, bacteria and infection. The problem causes your immune cells to attack your body by mistake. These diseases can affect almost any part of the body.

What are the symptoms of autoimmune diseases?

Most autoimmune diseases cause redness, heat, pain, and swelling. Many autoimmune diseases affect more than one part of the body. The symptoms you have will depend on the body part(s) affected, such as:

- Joints, which can cause joint pain and stiffness.
- Thyroid, which might cause you to be tired, gain weight, or have muscle aches.
• Skin, which can cause rashes, blisters, and color changes.

**What causes autoimmune diseases?**

No one is sure what causes autoimmune diseases. In most cases, your disease may have been caused by:

• **Genes**, which may make you more likely to have the disease.

• **Environment**, such as a virus that triggers the disease if you have the gene(s).

**How are autoimmune diseases treated?**

Treatment depends on the type of autoimmune disease. In most cases, your doctor will prescribe medications to reduce redness, pain, and swelling.

**For more info**

**U.S. Food and Drug Administration**
Toll free: 888-INFO-FDA (888-463-6332)
Website: [https://www.fda.gov](https://www.fda.gov)

Drugs@FDA at [https://www.accessdata.fda.gov/scripts/cder/daf](https://www.accessdata.fda.gov/scripts/cder/daf). Drugs@FDA is a searchable catalog of FDA-approved drug products.

**Centers for Disease Control and Prevention, National Center for Health Statistics**
Website: [https://www.cdc.gov/nchs](https://www.cdc.gov/nchs)

**National Institute of Allergy and Infectious Diseases**
Website: [https://www.niaid.nih.gov/diseases-conditions/autoimmune-diseases](https://www.niaid.nih.gov/diseases-conditions/autoimmune-diseases)

**American Autoimmune Related Diseases Association**
Website: [https://www.aarda.org](https://www.aarda.org)

If you need more information about available resources in your language or other languages, please visit our webpages below or contact the NIAMS Information
Clearinghouse at NIAMSInfo@mail.nih.gov.

- Asian Language Health Information
- Spanish Language Health Information

Join a Clinical Trial

Find a Clinical Trials

Related Information

Rheumatoid Arthritis, Handout on Health
What Is Rheumatoid Arthritis? (Fast Facts, easy-to-read)
¿Qué es la artritis reumatoide? (Esenciales: Hojas informativas de fácil lectura)

Scleroderma, Handout on Health
What Is Scleroderma? (fast facts, easy-to-read)
¿Qué es la esclerodermia? (Esenciales: hojas informativas de fácil lectura)

Questions and Answers about Vitiligo
What Is Vitiligo? (fast facts, easy-to-read)
¿Que es el vitíligo? (Esenciales: hojas informativas de fácil lectura)

Systemic Lupus Erythematosus, Handout on Health
Living With Lupus: Health Information Basics for You and Your Family
What Is Lupus? (fast facts, easy-to-read)
¿Qué es el lupus? (Esenciales: Hojas informativas de fácil lectura)

Alopecia Areata (fast facts, easy-to-read)
¿Qué es la alopecia areata? (Esenciales: hojas informativas de fácil lectura)

Questions and Answers about Pemphigus
What Is Pemphigus? (fast facts, easy to read)
¿Qué es el pénfigo? (Esenciales: hojas informativas de fácil lectura)

Questions and Answers about Psoriasis
What Is Psoriasis? (fast facts, easy-to-read)
¿Qué es la psoriasis? (Esenciales: Hojas informativas de fácil lectura)

Questions and Answers about Sjögren's Syndrome
What Is Sjögren's Syndrome (fast facts, easy-to-read)
¿Qué es el síndrome de Sjögren? (Esenciales: hojas informativas de fácil lectura)
Autoimmune Diseases, Understanding