



INTERNAL MEDICINE
& VITALITY

LISTEN. HEAL. THRIVE.

AUGUST HEALTH AWARENESS

AUTOINFLAMMATORY DISEASE AWARENESS

Understanding Inflammation That Won't Turn Off



August is an important time to raise awareness about **autoinflammatory diseases**—a group of conditions in which the body's **innate immune system** becomes overactive and causes episodes of inflammation without an infection or other clear trigger.

Inflammation is normally an important part of the body's defense system. However, in people with autoinflammatory diseases, the immune system may activate inflammation unnecessarily or have difficulty turning the inflammatory response off. This can lead to recurrent or persistent symptoms that significantly affect a person's health and quality of life.



WHAT ARE AUTOINFLAMMATORY DISEASES?

Autoinflammatory diseases are different from autoimmune diseases. Autoimmune diseases generally involve the immune system mistakenly targeting the body's own tissues.

Autoinflammatory conditions primarily involve abnormal **activation of the innate immune system**, the body's first line of defense.

Some are caused by inherited genetic changes, while others may develop without a clearly identified genetic cause. These conditions can affect children and adults, and symptoms can vary considerably from one person to another.



WHY AWARENESS MATTERS

Living with unexplained inflammation can affect much more than physical comfort. Recurrent symptoms may interfere with work, school, sleep, exercise, family activities, and overall quality of life.

In some autoinflammatory conditions, uncontrolled inflammation may also cause complications or damage to organs and tissues over time. Recognizing persistent or recurring symptoms and obtaining appropriate medical evaluation are therefore important.



DIAGNOSIS & TREATMENT

There is no single test that diagnoses every autoinflammatory disease. Evaluation may include a detailed medical and family history, physical exam, blood tests to look for signs of inflammation, genetic testing when appropriate, and additional testing based on a person's symptoms.

Treatment depends on the specific condition and severity of symptoms. Medications that reduce or regulate inflammation may be recommended, and some patients benefit from targeted therapies that act on specific inflammatory pathways.



PARTNER IN YOUR CARE

Your primary care provider can be an important starting point. They can evaluate your symptoms, order initial testing, monitor your overall health, and determine whether consultation with a specialist—such as a rheumatologist, immunologist, genetic specialist, or another appropriate physician—is needed.



LISTEN TO YOUR BODY.

Recurring fevers, unexplained inflammation, persistent joint pain, unusual rashes, or other symptoms that repeatedly disappear and return should not simply become something you learn to live with.

If you have been experiencing persistent or unexplained inflammatory symptoms, schedule an appointment with your primary care provider or appropriate specialist.

Early evaluation may help identify the cause, guide treatment, reduce symptoms, and help prevent complications.

SYMPTOMS SHOULD NOT BE IGNORED

Depending on the condition, people with autoinflammatory disease may experience:



Recurrent or unexplained fevers



Persistent or recurring joint and muscle pain



Swelling or inflammation of the joints



Skin rashes or other unexplained skin changes



Abdominal pain or gastrointestinal symptoms



Persistent fatigue



Eye inflammation



Chest pain associated with inflammation



Episodes of inflammation that repeatedly occur without an obvious infection



At Internal Medicine and Vitality, we believe that understanding what your body is telling you is an important part of achieving optimal health. We are committed to listening to your concerns, investigating persistent symptoms, and helping you determine the appropriate next steps in your care.



YOUR SYMPTOMS
DESERVE ATTENTION.
YOUR HEALTH
DESERVES ANSWERS.

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Schedule an appointment today and take another step on your journey toward optimal wellbeing.