Module 6, Lesson 1 Handout:

Autoimmune Symptoms

There are over a hundred different types of autoimmune diseases and autoimmune related conditions and the symptoms aren't clear cut. Not only do different diseases bring different sets of symptoms, but even people with the same diagnoses can have completely different experiences. This is one of the reasons diagnosing these diseases can be so challenging.

Even with a huge amount of variance between different diseases and among different people, most of the more common autoimmune diseases will have similarities in symptoms, including:

- Fatigue
- Joint pain
- Achy muscles
- Swelling and redness
- Abdominal pain or digestive issues
- Low-grade, recurring fever
- Trouble concentrating
- Numbness and tingling in hands and feet
- Hair loss
- Skin issues such as rashes

Another complicated and frustrating aspect about autoimmune diseases is that symptoms may not be chronic. They may come and go, and this can be confusing as you and your clients try to determine what exactly is going on. Also note that symptoms of autoimmune disease may be severe in some people and mild in others. Ongoing mild pain, for example, shouldn't be discounted just because it's mild.

Because autoimmune diseases cannot yet be cured, treatment will involve managing and minimizing these symptoms. A client's doctor will make any medical and drug related recommendations. The client may also benefit from physical therapy depending on the severity of their symptoms. On your end, help this client make adjustments to their lifestyles. Focus on anti inflammatory foods (discussed in other handouts), encourage exercise that works for them, promote hydration, and work with the client in managing stress.

© 2020, Keri Glassman LLC. All rights reserved. All of the contents of this handout are protected from copying under U.S. and international copyright laws and treaties. While you may make copies of this handout to distribute AS IS, the materials may not be altered in any way. Any unauthorized copying, alteration, distribution, transmission, display or other use of this material is strictly prohibited.