

Recognizing Early Signs of Autoimmune Disease Before Bedtime

Description

Nightmares and hallucinations could be early indicators of autoimmune diseases like lupus, potentially enhancing early detection and treatment, as per a recent study.

Researchers from the University of Cambridge and King's College London have discovered that an increase in nightmares and hallucinations might signal the onset of autoimmune diseases such as lupus. Recognizing these mental health and neurological symptoms early is crucial as they may indicate an impending 'flare,' a temporary intensification of the disease.

In a study published in *eClinicalMedicine*, researchers surveyed individuals living with lupus and clinicians, finding that disrupted dream sleep was a common symptom, with some experiencing it up to a year before the onset of lupus. Hallucinations were also reported, often occurring around the onset of the disease or later.

The study highlighted the significance of discussing symptoms like nightmares and hallucinations with patients to improve care and potentially prevent disease flares. Early recognition of these signs may serve as an 'early warning system' for healthcare providers, leading to enhanced treatment outcomes for patients with autoimmune diseases like lupus.

Vocabulary List:

1. **Indicators** // (noun): Things that point to or suggest something.
2. **Autoimmune** // (adjective): Relating to a condition where the immune system attacks the body.
3. **Enhancing** // (verb): Improving or increasing something.
4. **Detection** // (noun): Discovering or finding something especially through examination.
5. **Neurological** // (adjective): Relating to the brain nerves or nervous system.
6. **Intensification** // (noun): The process of making something stronger or more extreme.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What activity involves examining, analyzing, and researching?

Option: Eating
Option: Investigating

Option: Sleeping

Option: Playing

2. What is a method to prevent or provide immunity to a particular disease?

Option: Medication

Option: Vaccination

Option: Exercise

Option: Surgery

3. Which medical condition is caused by the reactivation of the varicella-zoster virus?

Option: Migraine

Option: Shingles

Option: Diabetes

Option: Asthma

4. What is the condition in which blood clots form in a blood vessel?

Option: Hypertension

Option: Asthma

Option: Thrombosis

Option: Arthritis

5. Which term describes a condition where the body's immune system attacks its own cells?

Option: Contagious

Option: Autoimmune

Option: Vaccination

Option: Detection

6. What is the body's response to injury or infection characterized by redness swelling and pain?

Option: Regulating

Option: Inflammation

Option: Composition

Option: Monitoring

7. Which proteins help the body's immune system recognize and fight off pathogens?

Option: Antibodies

Option: Enhancing

Option: Consult

Option: Lymphoma

8. What are unforeseen or abnormal outcomes or issues that arise during a medical condition?

Option: Rare

Option: Complications

Option: Adenovirus

Option: Genetic

9. Which term relates to the nervous system particularly the brain and nerves?

Option: Indicators

Option: Neurological

Option: Autoantibody

Option: Monitoring

10. What type of antibody mistakenly targets a person's own tissues as if they were pathogens?

Option: Detection

Option: Autoantibody

Option: Indicators

Option: Regulating

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ with health authorities can help prevent the spread of infectious diseases.

12. Regular exercise is key to _____ one's overall health.

13. Fever and fatigue are common _____ of an underlying infection.

14. The endocrine system is responsible for _____ various bodily functions through hormone release.

15. Doctors recommended closely _____ the patient's vital signs after surgery.

16. Food and drinks are _____ to provide essential nutrients to the body.

17. Severe arthritis can lead to _____ pain and limited mobility.

18. Although _____ the condition can be life-threatening if not treated promptly.

19. The _____ of a vaccine determines its effectiveness in combating specific diseases.

20. Early _____ of cancer greatly improves treatment outcomes.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Adenovirus is a common cause of respiratory infections in humans.



22. Certain diseases have a strong component making them more likely to run in families.

23. is a type of cancer that affects the lymphatic system.

24. If you have any concerns about your health it is advisable to a healthcare professional.

25. Computers understand and process information using a system of 0s and 1s.

26. An autoimmune disorder occurs when the immune system produces that attack the body's own cells.

27. Deep vein is a type of thrombosis that can lead to serious health complications if not treated promptly.

28. Regular exercise plays a crucial role in one's physical fitness and mental well-being.

29. Increased heart rate and abnormal test results are of a potential heart condition.

30. is one of the most effective ways to prevent contagious diseases and protect public health.

Answer

Multiple Choice: 1. Investigating 2. Vaccination 3. Shingles 4. Thrombosis 5. Autoimmune 6. Inflammation 7. Antibodies 8. Complications 9. Neurological 10. Autoantibody

Gap-Fill: 11. Cooperating 12. Enhancing 13. Indicators 14. Regulating 15. Monitoring 16. Ingested 17. Debilitating 18. Rare 19. Composition 20. Detection

Matching sentence: 1. Adenovirus 2. Genetic 3. Lymphoma 4. Consult 5. Binary 6. Autoantibody 7. Thrombosis 8. Enhancing 9. Indicators 10. Vaccination

CATEGORY

1. Health - LEVEL2

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