



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.

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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 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



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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

Date Created

2024/05/21

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