Imagine your body as a fantastic city where different communities of tiny workers, called cells, have specific jobs to keep everything running smoothly. One group, let's call them "The Protectors," defends the city against intruders like germs and viruses. Autoimmunity happens when these Protectors mistakenly attack the body's own cells, thinking they're the bad guys.

Questions and Answers about Autoimmunity:

What is autoimmunity?
Answer: Autoimmunity is when the immune system mistakenly attacks the body's own cells, thinking they are foreign invaders.

What are antibodies, and how do they relate to autoimmunity?
Answer: Antibodies are like the immune system's detectives. In autoimmunity, they might mistakenly target the body's own cells instead of the real troublemakers.

Which system in the body is primarily responsible for autoimmunity?
Answer: The immune system, which includes cells and proteins defending the body against infections, is primarily responsible for autoimmunity.
Can you name an example of an autoimmune disease?
Answer: Autoimmune Encephalitis is an example where the immune system mistakenly attacks healthy brain cells.

What is the role of T-cells in autoimmunity?
Answer: T-cells are like orchestra conductors of the immune system. In autoimmunity, they might mistakenly direct the attack on the body's own cells.

How does the immune system normally distinguish between self and non-self?
Answer: The immune system uses markers and signals to tell the difference between the body's own cells and foreign invaders.

What is the potential cause of autoimmunity?
Answer: The exact cause isn't fully understood, but it might involve a mix of genes, environment, and hormones.

What are some common symptoms of autoimmune diseases?
Answer: Symptoms include fatigue, joint pain, inflammation, and sometimes organ damage, depending on the specific disease.

How is autoimmunity diagnosed by healthcare professionals?
Answer: Doctors use medical history, physical exams, and tests measuring antibodies and other markers to diagnose autoimmunity. Additionally, EEG, MRI, and a lumbar puncture are used to diagnose Autoimmune Encephalitis.

Can autoimmunity be treated?
Answer: While there's no cure, patients can go into remission. Treatments focus on managing symptoms and arresting the disease. Medications, lifestyle changes, and immunosuppressant or immune-modulating treatments are used. It's like finding a balance to keep the city (your body) running smoothly.