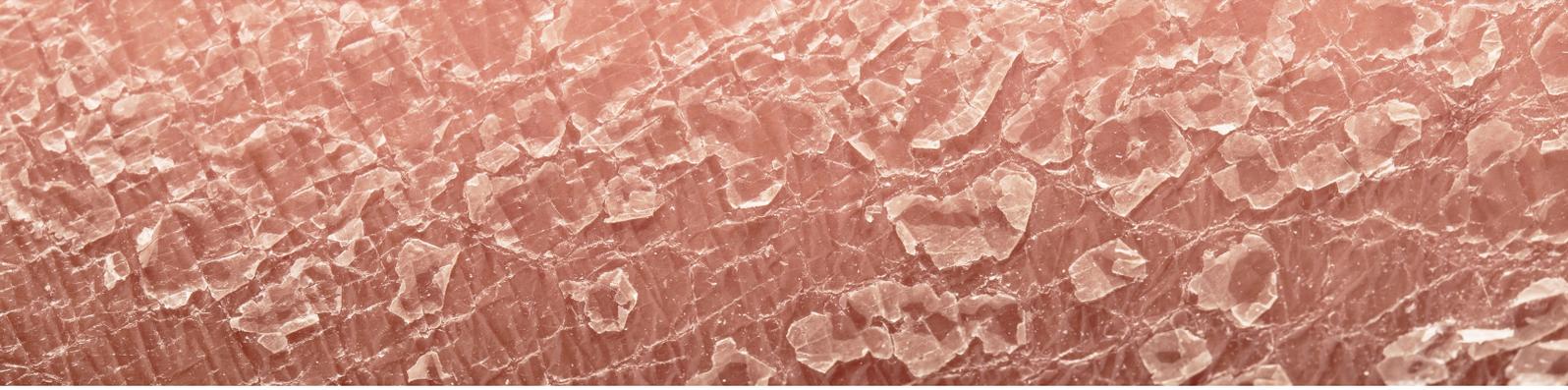


Dermatological autoimmune diseases

Inflammatory skin conditions with an underlying autoimmune mechanism



An autoimmune disease is a disorder in which the body is attacking itself. Normally, white blood cells produce antibodies that attack harmful cells as they appear in the body. The opposite happens in autoimmune diseases and antibodies attack healthy tissues instead of the harmful ones. Autoimmune diseases can affect many parts of your body—including joints, internal organs and your skin

The skin is the largest organ in the human body, representing 16% of the total body weight. It is made up of five distinct layers of skin. The two protective layers, the epidermis and dermis, are the most affected by autoimmune skin diseases with the body producing autoantibodies against the structural proteins contained within these layers. The resulting disruption can lead to multiple skin symptoms as well as having a knock-on effect and symptoms in related areas such as mental health. For most people, autoimmune skin disease is a lifelong, and very visible, condition that fluctuates between flare-ups and periods in remission.

Symptoms

Autoimmune skin diseases can show in a variety of ways

Symptoms include: skin erosions, rashes, blisters, lesions, scaly patches, itching, inflammation, pain, fatigue, depression, and anxiety. and many other related-symptoms.

UK Statistics

Autoimmune skin diseases are relatively common

Autoimmune conditions include Behcet's Disease, Dermatitis Herpetiformis, Dermatomyositis, Lichen Planus, Linear IgA Disease, Lupus of the skin, Morphea/Scleroderma, Ocular Cicatricial pemphigoid, Pemphigoid, Pemphigus, and Vasculitis. In the UK, 7%, or 4 million people, are known to live with at least one autoimmune condition? When it comes to skin disease the most common conditions are atopic dermatitis (eczema), affecting 1 in 5 children and 1 in 10 adults, and psoriasis affecting around 2 in 100 people.

Diet & Nutrition

Diet and Lifestyle support for Skin Disease

Autoimmune skin diseases cannot be cured, however diet can play an important role in supporting frequency and severity of flare ups. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms. Practitioners consider each individual to be unique and recommend personalised nutrition and lifestyle programmes rather than a 'one size fits all' approach.

