

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ
КАФЕДРА ІНОЗЕМНИХ МОВ
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ
ЦЕНТР**

**МАТЕРІАЛИ
X ВСЕУКРАЇНСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
КОНФЕРЕНЦІЇ СТУДЕНТІВ, АСПІРАНТІВ ТА
ВИКЛАДАЧІВ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО
ЦЕНТРУ КАФЕДРИ ІНОЗЕМНИХ МОВ**

**“WITH FOREIGN LANGUAGES TO MUTUAL
UNDERSTANDING, BETTER TECHNOLOGIES AND
ECOLOGICALLY SAFER ENVIRONMENT”**

**(Суми, 24 березня 2016 року)
The tenth all Ukrainian scientific practical student`s,
postgraduate`s and teacher`s conference**

AUTOIMMUNE DISEASES. HOW TO PREVENT THEM?

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An autoimmune disease is a disease in which the immune system mistakenly attacks the body's own cells and tissues.

Different body parts like digestive system, joints, nerves, blood vessels, red blood cells, connective tissues, skin and endocrine system can be affected. It's found that autoimmune diseases and conditions predominantly affect people during the childhood. Autoimmune disease and condition symptoms vary from individual to individual.

It's estimated that 8 percent of people in the world are living with an autoimmune disease. It turns out that nearly 14 million people (5%) in the USA and more than 2 million people (5%) in Ukraine suffer from autoimmune diseases. And spreading of autoimmune diseases is constantly increasing. It is also established that 75 % of those living with autoimmune diseases are female.

Unfortunately, living in pain many people don't even realize they have an autoimmune disease.

There are more than 80 different types of autoimmune diseases, but some of the most common ones are: polymyalgia rheumatica, rheumatoid arthritis, lupus, Sjogren's syndrome, scleroderma, goodpasture's syndrome, guillain-Barre syndrome and wegener's granulomatosis.

The common causes of autoimmune diseases are a hereditary or genetic cause, hormonal status, exposure of toxic metals and chemicals, bacterial and viral infections, vaccinations, stress, nutritional deficiencies and smoking.

Modern medicine considers all autoimmune diseases to be incurable, but researchers are looking for new ways to treat them. Medications can help slow the progress of the disease. Additionally, lifestyle changes may be incorporated into an autoimmune disease treatment plan.

Physicians give the following simple advice for controlling autoimmune diseases: a healthful diet, getting rid of food allergens, the elimination of toxins from the body, stress management, acupuncture, taking physical rest and avoiding expose to the sun.