

# Autoimmune Diseases Reference Guide

## Contents

<b>1 Common Autoimmune Diseases</b>	<b>1</b>
1.1 Rheumatoid Arthritis (RA)	1
1.2 Systemic Lupus Erythematosus (SLE)	2
1.3 Multiple Sclerosis (MS)	2
<b>2 Less Common Autoimmune Conditions</b>	<b>2</b>
2.1 Behçet's Disease	2
2.2 Sjögren's Syndrome	3
2.3 Myasthenia Gravis	3
<b>3 Organ-Specific Autoimmune Diseases</b>	<b>3</b>
3.1 Type 1 Diabetes	3
3.2 Hashimoto's Thyroiditis	3
3.3 Autoimmune Hepatitis	4
<b>4 Emerging Research Areas</b>	<b>4</b>
<b>5 Patient Management Guidelines</b>	<b>4</b>
5.1 Lifestyle Modifications	4
5.2 Monitoring Protocols	4
5.3 Pregnancy Considerations	4
<b>6 Differential Diagnosis Tables</b>	<b>4</b>
<b>7 References</b>	<b>4</b>

## 1 Common Autoimmune Diseases

### 1.1 Rheumatoid Arthritis (RA)

**Description:** Chronic inflammation primarily affecting joints.

**Symptoms:**

- Symmetrical joint pain/swelling
- Morning stiffness (>1 hour)
- Fatigue, fever

**Diagnostic Tests:**

- Rheumatoid factor (RF)
- Anti-CCP antibodies
- Imaging (X-ray/MRI)

### **Treatment Approaches:**

- DMARDs (Methotrexate)
- Biologics (TNF inhibitors)
- Physical therapy

## **1.2 Systemic Lupus Erythematosus (SLE)**

**Description:** Multisystem autoimmune disorder.

### **Symptoms:**

- Malar (butterfly) rash
- Photosensitivity
- Renal involvement
- Joint pain

**Diagnostic Criteria:** SLICC criteria.

### **Treatment:**

- Hydroxychloroquine
- Corticosteroids
- Belimumab

## **1.3 Multiple Sclerosis (MS)**

**Description:** CNS demyelination.

**Types:** RRMS, PPMS, SPMS.

### **Symptoms:**

- Vision problems
- Motor weakness
- Sensory changes

### **Diagnostic Tests:**

- MRI
- Lumbar puncture

**DMT Options:** Refer to medical guidelines.

# **2 Less Common Autoimmune Conditions**

## **2.1 Behçet's Disease**

**Description:** Vasculitis disorder.

### **Triad Symptoms:**

- Oral ulcers
- Genital ulcers
- Uveitis

**Diagnosis:** Pathergy test.

**Treatment:** Colchicine, immunosuppressants.

## 2.2 Sjögren's Syndrome

**Description:** Exocrine gland dysfunction.

**Symptoms:**

- Dry eyes/mouth
- Parotid enlargement
- Fatigue

**Diagnostic Tests:**

- Schirmer's test
- Anti-SSA/SSB antibodies

**Management:**

- Artificial tears
- Pilocarpine

## 2.3 Myasthenia Gravis

**Pathophysiology:** Anti-AChR antibodies.

**Symptoms:**

- Ptosis
- Muscle weakness
- Respiratory involvement

**Diagnosis:**

- Edrophonium test
- EMG

**Treatment:**

- Pyridostigmine
- Thymectomy

# 3 Organ-Specific Autoimmune Diseases

## 3.1 Type 1 Diabetes

**Pathogenesis:** Pancreatic  $\beta$ -cell destruction.

**Management:**

- Insulin therapy
- CGM technology
- Pancreas transplant

## 3.2 Hashimoto's Thyroiditis

**Diagnosis:**

- Anti-TPO antibodies
- Hypothyroid symptoms

**Treatment:** Levothyroxine.

### 3.3 Autoimmune Hepatitis

**Types:** Type 1 vs Type 2.

**Diagnosis:**

- Elevated LFTs
- Autoantibodies

**Treatment:** Prednisone + Azathioprine.

## 4 Emerging Research Areas

**Environmental Triggers:**

- Epstein-Barr virus
- Heavy metals
- Gut microbiome

**Novel Therapies:**

- JAK inhibitors
- CAR-T cell therapy
- Stem cell transplantation

## 5 Patient Management Guidelines

### 5.1 Lifestyle Modifications

- Anti-inflammatory diet (Mediterranean diet)
- Stress reduction techniques
- Exercise recommendations

### 5.2 Monitoring Protocols

- Routine blood tests
- Disease activity indices
- Vaccination schedules

### 5.3 Pregnancy Considerations

- Flare risk assessment
- Medication safety
- Neonatal complications

## 6 Differential Diagnosis Tables

## 7 References

- American College of Rheumatology (ACR) Guidelines: <https://www.rheumatology.org>
- European League Against Rheumatism (EULAR): <https://www.eular.org>

Table 1: RA vs Osteoarthritis

Feature	RA	Osteoarthritis
Joint Involvement	Symmetrical	Asymmetrical
Morning Stiffness	> 1 hour	Brief (< 30 min)
Systemic Symptoms	Common	Rare
Autoantibodies	RF, Anti-CCP	None

Table 2: SLE vs Dermatomyositis

Feature	SLE	Dermatomyositis
Rash	Malar (butterfly)	Heliotrope, Gottron's papules
Muscle Involvement	Arthralgia	Proximal weakness
Autoantibodies	ANA, Anti-dsDNA	Anti-Jo-1
Organ Involvement	Renal, CNS	Lung, muscle

Table 3: MS vs Functional Neurological Disorder

Feature	MS	FND
Neurological Signs	Objective (MRI, CSF)	Inconsistent
Onset	Gradual	Sudden
Sensory Symptoms	Persistent	Variable
Response to Therapy	DMTs	Psychotherapy