Inflammatory Diseases and Public Health

Sylve Rawls

Benedictine University

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Abstract

Inflammation in the body is a common sign that lets us know that our body is trying to fight an injury(protection). One type of inflammation goes against the bodies response(chronic). Overall, the estimated prevalence of chronic inflammatory disease in Western society is 5 to 7 percent (Pfizer, 2017). Some chronic diseases (rheumatoid arthritis, lupus, ulcerative colitis and Crohn’s disease) can cause life to be a challenge. With this challenge public health is needed to create preventive measures to improve life and to help improve the burden presented due to such chronic inflammatory diseases.

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Inflammation, the bodies response of stimuli, is a response (protection) involving the immune system and other important body systems that eliminate the causes of injury. This response also helps clear tissue damage in the area or region that is affected to prepare for repair of the damaged tissue.

Inflammation sometimes is associated with signs that can help in identifying damage to tissue. The signs that are usually seen in inflammation are swelling, heat, pain, and redness of the area or body part associated with the tissue damage.

Inflammation is also classified into two categories which are acute and chronic. In the case of acute inflammation your immune response is on your side. Acute inflammation is defined by rapid onset and short duration. The five signs that were mentioned in the paragraph above are seen. In acute cases, inflammation causes are associated with physical and chemical damage and pathogen invasion. Chronic inflammation on the other hand is a bit different. Chronic inflammation is where the immune system keeps fighting or remains in active mode when there is no injury present. Chronic inflammation is defined by delayed onset and last weeks or even months in duration. This form of inflammation does not give signs like acute inflammation. Most chronic cases are caused by repeated infection and auto immunity. Cases will usually appear with low fever, loss of weight and appetite. An example that is being to surface in many communities is Rheumatoid Arthritis (RA). RA is an autoimmune disease where the immune system attacks joint tissues. RA can spread to many areas of the body and cause pain and malformation (Pfizer, 2017). RA can cause individuals to feel very sick. RA affects approximately 1.6 million people in the U.S. and approximately 17.6 million people worldwide (Pfizer, 2017).

# Chronic Inflammatory Diseases burden and impact on Healthcare

The incidence of autoimmune diseases is creating increase in burden. Overall, the estimated prevalence of chronic inflammatory disease in Western society is 5 to 7 percent (Pfizer, 2017). Diseases such as rheumatoid arthritis, lupus, ulcerative colitis and Crohn’s disease turns against the bodies’ organs and create painful conditions that take a toll on peoples’ everyday life (Pfizer, 2017). Patients with chronic inflammatory conditions in the U.S. spend approximately $38,000 more on additional expenditures each year(Pfizer,2017). Health disparities in chronic inflammatory disease are widespread(Pfizer,2017) and chronic diseases can increase symptoms of depression, and depressive disorders themselves, and can lead to other chronic diseases(Pfizer,2017).

## Public Health and Chronic Inflammatory Disease

Due to the increase, public health has stepped in to help look at ways to protect. Public health interventions and policies that target chronic diseases lead to lower health care spending, increased economic productivity and a better quality of life(APHA,2017) and the major way that public health helps. By investing in prevention and treatment of the most common chronic diseases inthe U.S. could decrease treatment costs by $218 billion per year and reduce the economic burden of disease by $1.1 trillion annually(APHA,2017). In producing this will greatly allow for the greater good of all.

# References

Pfizer. Chronic Inflammation and Inflammatory Disease. October 2017.Accessed on March 17, 2018 at

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