

Health Screening Awareness



While we should all know by now the importance of routine physicals and preventive screenings, there are some conditions that aren't routinely screened for. These conditions can cause symptoms that may be keeping us from living our best lives. And yes it's true that routine screenings for things like cholesterol, triglycerides, and glucose levels will help determine whether or not you are at risk for diabetes and/or heart disease, they usually don't explain away certain symptoms such as digestive issues, brain fog, depression, skin conditions, weight gain, food sensitivities, etc.

For example, there are more than 80 different autoimmune diseases! Autoimmune diseases are defined as an illness that occurs when the body tissues are attacked by its own immune system. Understanding the root cause of symptoms may require some detective work. You'll need a guide, and maybe even a team of health professionals on this journey, so work with your doctor and/or other trusted medical professional to decipher what you should be tested for, and how you can – and should – be an integral partner in your own healing.

Here is a list of the top five most common autoimmune diseases:

1. **Type 1 diabetes:** The pancreas produces the hormone insulin, which helps regulate blood sugar levels. In [type 1 diabetes mellitus](#), the immune system attacks and destroys insulin-producing cells in the pancreas.
2. **Rheumatoid arthritis (RA):** In [rheumatoid arthritis \(RA\)](#), the immune system attacks the joints. This attack causes redness, warmth, soreness, and stiffness in the joints.

3. **Inflammatory bowel disease:** [Inflammatory bowel disease \(IBD\)](#) is a term used to describe conditions that cause inflammation in the lining of the intestinal wall. Each type of IBD affects a different part of the GI tract. Examples are [Crohn's disease](#) and [Ulcerative colitis](#).
4. **Addison's disease:** [Addison's disease](#) affects the adrenal glands, which produce the hormones cortisol and aldosterone as well as androgen hormones. Having too little of cortisol can affect the way the body uses and stores carbohydrates and sugar (glucose).
5. **Hashimoto's thyroiditis:** In [Hashimoto's thyroiditis](#), thyroid hormone production slows to a deficiency. Symptoms include weight gain, sensitivity to cold, fatigue, hair loss, and swelling of the thyroid ([goiter](#)).

Source: <https://www.healthline.com/health/autoimmune-disorders#common-autoimmune-diseases>

Dr. Gundry's 5 minute Lettuce Boat

Ingredients

- ½ avocado
- 1 tablespoon finely chopped red onion
- 1 teaspoon finely chopped cilantro
- 1 tablespoon freshly squeezed lemon juice
- Pinch sea salt, preferably iodized
- 4 romaine lettuce leaves, washed and patted dry

Source: <https://gundrymd.com/plant-paradox-lettuce-boats/>

Instructions

1. To make the guacamole, combine the avocado, onion, cilantro, lemon juice, and salt in a bowl.
2. Mash with a fork until smooth.
3. Scoop the guacamole into each romaine lettuce leaf. (It's that easy!)



Check out these online resources and smartphone apps!

Managing an autoimmune disorder can be overwhelming. Mobile apps can help by keeping track of lab tests, daily symptoms/measurements, moods, energy levels, and personal thoughts. They can also help you remember to take your medications and supplements, as well as create a report that you can share with your doctor about your progress and/or challenges. A few examples are [Boost Thyroid](#) (for Hashimoto's), [GI Buddy](#) (for Crohn's Disease), and [Care Zone](#) (described as *like having a personal health assistant in your pocket*).