

## Immunity Disorder

Our immune system protects us from infectious diseases and keeps us healthy. For some children, their immune systems could go wrong and result in three major types of immunological disorders.

Gene mutation with malfunctioned immune cell will cause primary immunodeficiencies. Patients with primary immunodeficiencies suffer from frequent infections, such as infection of the skin, inner ear, lymph glands of the neck, oral cavity or even internal organs like liver and spleen. If children have one or more of the above problems, they should consult a doctor and undergo examination as soon as possible.

Children rheumatological diseases are the most common autoimmune disorder, meaning the immune system attacking one's own joints or other organs. There will be one with juvenile onset of arthritic disease in every one to two thousand children. Another common rheumatic disease is Systemic Lupus Erythematosus, there are fifteen percent of whom have disease onset before 20 years old. Children rheumatological diseases can cause permanent disability. Hence, patients must be treated as early as possible.

Allergy like food allergy, eczema and asthma is the most common immunological disorder. Besides medical therapy, patient should avoid external irritants or allergens such as house dust mites, smoke, and certain chemicals.

Many people may have the misconception that "boost up immunity" equals to "healthiness". It a person with immunity disorder boosts the immunity blindly, unfavorable effect may turn up. The important elements to maintain a balanced and healthy immune system include: healthy diet, regular exercise, refraining from smoking and alcohol, and enough rest.