

Twitter Thread by Harvard Health



Harvard Health

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Managing your diet and lifestyle are the two best ways to keep chronic #inflammation under control: <https://t.co/JfAdDPYmlo> #HarvardHealth

Diseases linked to **Chronic Inflammation**

When you have chronic inflammation, your body is in a constant state of high alert. The release of inflammatory chemicals can affect many different systems in your body and be a cause or consequence of multiple diseases.

EYES

Macular degeneration, retinal degeneration, uveitis

HEART AND BLOOD VESSELS

Atherosclerosis (hardening of the arteries), heart disease

LUNGS

Allergies, asthma, COPD, lung cancer

LIVER

Chronic hepatitis

DIGESTIVE SYSTEM

Inflammatory bowel disease, including Crohn's disease and ulcerative colitis

SKIN

Acne, eczema, skin cancer

BRAIN AND SPINAL CORD

Alzheimer's disease, multiple sclerosis, Parkinson's disease

THYROID

Thyroiditis

PANCREAS

Type 1 diabetes

KIDNEYS

Chronic kidney disease, kidney failure, nephritis

JOINTS

Some forms of arthritis, including rheumatoid arthritis and psoriatic arthritis

IMMUNE SYSTEM

Autoimmune disorders such as lupus

