Twitter Thread by Harvard Health

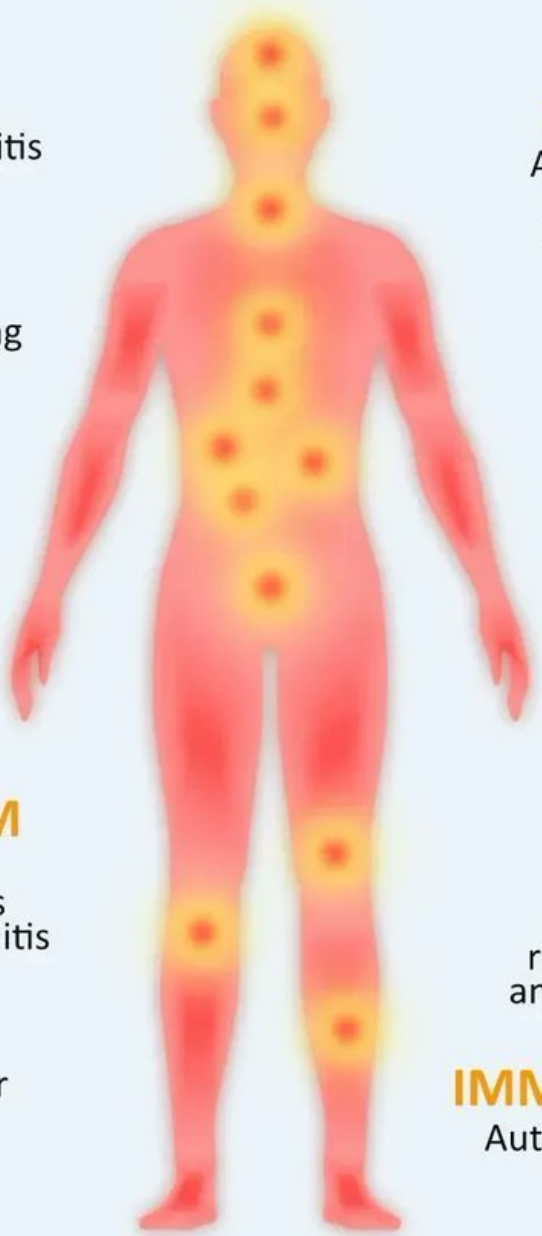


Harvard Health
@HarvardHealth

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

HARVARD MEDICAL SCHOOL