

# Dr. Terry Wahls' Top 10 Truths Every Health Practitioner Needs To Know About The Autoimmune Epidemic



1. 25 million Americans have one or more autoimmune diagnoses and continues to grow every year, and the age of diagnosis is getting younger.
2. 75 million Americans are in the prodromal phase, showing symptoms of fatigue, brain fog, pain, moodiness, and inflammation. These signs often indicates the onset of a disease before more diagnostically specific signs and symptoms develop.
3. The cost for autoimmune care is \$100 billion/year in the United States, with many drugs costing between \$50,000 and \$100,000 per year for the duration of the patient's life. In addition, these drugs often come with debilitating known side effects including damage to liver, heart or kidneys, infection, leukemia or lymphoma, just to name a few. Despite the financial burden and serious health risks of these drugs, patients and families often are more afraid of worsening disability and desperately take these medications.
4. Prodromal symptoms are often misinterpreted or discounted, sending patients to seek the advice of numerous specialists before reaching a diagnosis, which delays treatment and lifestyle intervention.
5. The rise in disease related to autoimmune dysfunction is preventable through public education on the impact of lifestyle choices such as diet, tobacco and substance use, physical activity, and toxin exposure.

