



## **Autoimmune Health and Physiological Imaging with DITI (Digital Infrared Thermal Imaging)**

In these uncertain times most people have started to look inwards at their general health and particularly their immunity status. Our immune systems are continually evolving, and maintaining a healthy immune system is dependent on many things, but it's where we can all be proactive.

We are dependent on our immune system to protect us from general infection and disease throughout life. When our immune system is compromised by dysfunction as a result of existing disease or underlying health problems we become more vulnerable to disease and infection that we would otherwise be able to ward off with minimal symptoms. This is a reaction of our immune system doing its job (such as getting a fever when we get a cold).

**Autonomic diseases** are the primary cause of the most vulnerable people being seriously affected by Covid-19. People with chronically activated autoimmune systems, autonomic diseases, nutritional or hormonal imbalances or other vascular and inflammatory dysfunctions like diabetes, rheumatoid arthritis, lupus and thyroid diseases are at increased risk when the body is challenged by infection or disease.

### **What can we do?**

**The first step** in a preventative strategy is to identify any underlying or subclinical dysfunctions that may be compromising immune systems, these can include systemic or local inflammation, vascular and neurological dysfunction, as well as specific markers relating to autonomic dysfunction.

Thermal imaging has the ability to evaluate and monitor many of the markers relating to autonomic dysfunction and other burdens on the immune system.

By helping our immune systems to function at optimum levels we can minimize the symptoms of infections and diseases and benefit from quicker recovery times.

**The second step** in a preventative strategy is to work with a healthcare provider to address issues that could be compromising our immune system, whilst at the same time doing everything possible to build immunity to its peak function and maintain it there.

Healthcare practitioner interventions may include things such as:

- Reducing local and systemic inflammation
- Treatment of infections

- Balancing hormones/treating causes of endocrine dysfunction
- Improving nutrition, treating deficiencies
- Improving fitness (cardiovascular health)

### **Helping Patients be More Proactive**

**The New Immune Health Check DITI study** can be a first level indicator of physiological changes relating to existing or developing autoimmune dysfunction and can be a useful tool as part of a preventative strategy.

Maintaining optimal health functions is not only the best proactive and preventative initiative that can be taken against this pandemic, but it is an important investment in future health and wellbeing.

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Find some useful information in this article from Penn Medicine:

### **What You Need to Know About Being Immunocompromised During COVID-19**

<https://www.pennmedicine.org/updates/blogs/health-and-wellness/2020/may/what-it-means-to-be-immunocompromised>