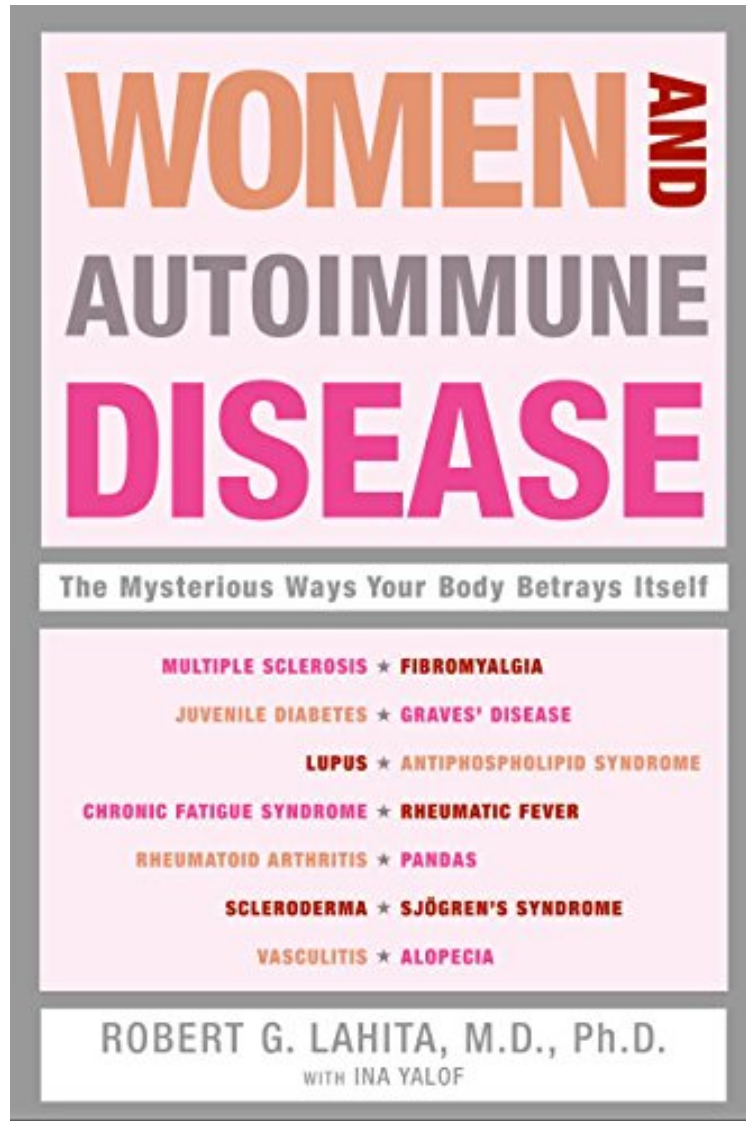


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# Women and Autoimmune Disease: The Mysterious Ways Your Body Betrays Itself

*Robert G. Lahita, Ina L. Yalof*  
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**Robert G. Lahita, Ina L. Yalof : Women and Autoimmune Disease: The Mysterious Ways Your Body Betrays Itself** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Women and Autoimmune Disease: The Mysterious Ways Your Body Betrays Itself:

0 of 0 people found the following review helpful. Finally Some Answers By Vicki L. Johnson This book has given me answers I haven't been able to get elsewhere, including from my doctors. Not only does it cover my Rheumatoid

Arthritis, Sjogren's Syndrome, and Meneire's Disease, but also Lupus and Multiple Sclerosis which affect other family members. It is written with language everyday people can understand. 2 of 2 people found the following review helpful. Women and Autoimmune Disease by Robert Lahita, M.D. By Debbie D This book is a "must read" for anyone who is dx'd with "any" Autoimmune Disease. It is precise, clear and exact with the needed medical information we need to understand. The first chapter will explain how the cells work, immune system, and what goes wrong with ppl with Autoimmune. The book continues with chapters with many specific Autoimmune Diseases. This book is so very different than any other, which is many medical books, since it's written with easy to understand terms, and lots humor and stories of actual cases that we can relate to. It also helps that I am priviledged that the Doctor that wrote this book, is MY actual Doctor. I recommend the Doctor and this book HIGHLY! 10 of 11 people found the following review helpful. Recently diagnosed By Sheiling Less than a month ago, after several years of seemingly unconnected, rather brief medical events, an ophthalmologist, having just completed post-op followup of removal of two cataracts for me, expressed concern about my extremely dry eyes during her months of seeing me. I had no idea I had dry eyes! She recommended testing for Sjogren's and ANAs. The Sjogren's was negative but the ANA was strongly positive and that urged me to a rheumatologist. Those tests and his 2 hour interview along with my medical history and he \*named\* it: an autoimmune disease, currently labeled as an indeterminant connective tissue disease, most probably Lupus, maybe Scleroderma. More tests. And this week I see him again for a more definitive diagnosis and we'll go from there. In the meantime I read reliable sites online (Johns Hopkins, Brigham and Women's, NIH) and, among others, read Dr. Lahita's book. The first section defines autoimmune diseases as a category - very helpful to this lay person. The second section, really the body of the book, looks at several in that category and reviews both general and specific information about each. The third and last section focuses on possible treatments. And I really liked the bibliography in which Dr. Lahita comments of the merits of various reading selections. This led me to more readings and I feel much more enlightened as I prepare for this week's appointment with the rheumatologist.

A cutting-edge examination of the mysterious world of autoimmune disease and the new discoveries made daily that may save women's lives. Autoimmune diseases including chronic fatigue syndrome, vasculitis, juvenile diabetes, alopecia, Graves' disease, Sjogren's syndrome, lupus, rheumatoid arthritis, and multiple sclerosis are among the most devastating conditions afflicting women today and the most resistant to diagnosis and treatment. In all of them, the body's immune system begins to attack healthy and normally functioning cells. And one of the biggest puzzles is why 80 percent of autoimmune disease sufferers are women. In this groundbreaking book, world-class immunologist Dr. Robert Lahita brings years of intensive research, patient care, and diagnostics to shed light on the mysteries of these conditions, with a particular focus on how they affect and how he treats women. Through case studies, he reveals the early warning signs, symptoms, diagnostic processes, and the most innovative treatments for all the most common and many of the less well known autoimmune diseases. He offers a scientifically sound and sensitive work that is the best resource available to help understand these perplexing and debilitating diseases.

From Publishers Weekly Lahita, a doctor who wrote the textbook on autoimmune disease for medical professionals, as well as a layperson's book on rheumatoid arthritis, concentrates here on how autoimmune diseases afflict women, who make up 75% of cases nationwide. A healthy immune system defends the body from antigens such as viruses and bacteria. But sometimes the immune system erroneously attacks healthy cells, leading to autoimmune diseases, such as lupus, multiple sclerosis and vasculitis. Lahita, aided by medical writer Yalof, draws on research and case studies to identify 16 conditions that have been categorized as autoimmune diseases (he includes chronic fatigue syndrome, though its cause remains uncertain) and describes at length the symptoms, causes and possible treatments for these debilitating ailments. Treatment is complicated, according to Lahita, since patients are often diagnosed too late because their complex symptoms mimic those of other conditions. A patient with vasculitis, for example, was first thought to have meningitis. This clearly written text should be extremely useful to people with these difficult ailments, their families and caregivers. Lahita, however, is suspicious of alternative herbal or homeopathic therapies, which he says have not been scientifically found to be effective. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. About the Author Robert G. Lahita, M.D., Ph.D., is a professor of medicine at the Mount Sinai Medical School and chairman of medicine and vice president of the Jersey City Medical Center. He was the chairman of the conference committee of the New York Academy of Sciences and has been elected a fellow of the American College of Physicians, the American College of Rheumatology, the New York Academy of Sciences, and the Royal College of Physicians in London. The Textbook of Autoimmunity, which he edited, is the seminal work on the subject for medical professionals, and he is also the editor of the recently published fourth edition of the standard textbook Systemic Lupus Erythematosus. He has appeared on Good Morning America, CBS This Morning, Today, and Regis Kelly. Named one of New York magazine's Best Doctors in New York for the last five consecutive years, he lives in Ridgewood, New Jersey, with his family.