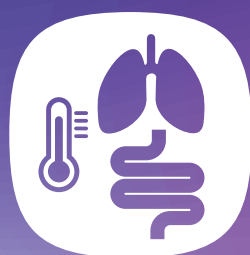


the **Telehealth** *Times*



———— AUGUST IS ————
AUTOINFLAMMATORY
———— AWARENESS MONTH ————

August 2026



KAMRYN'S CORNER

Hello everyone - I hope this newsletter finds you well. August is Autoinflammatory Awareness Month. This month our education recognizes individuals with conditions caused by abnormal activation of the body's innate immune system. Autoinflammatory conditions are chronic and require ongoing monitoring and treatment modifications. Telehealth can provide convenience with management and potentially reduce frequent ER visits.



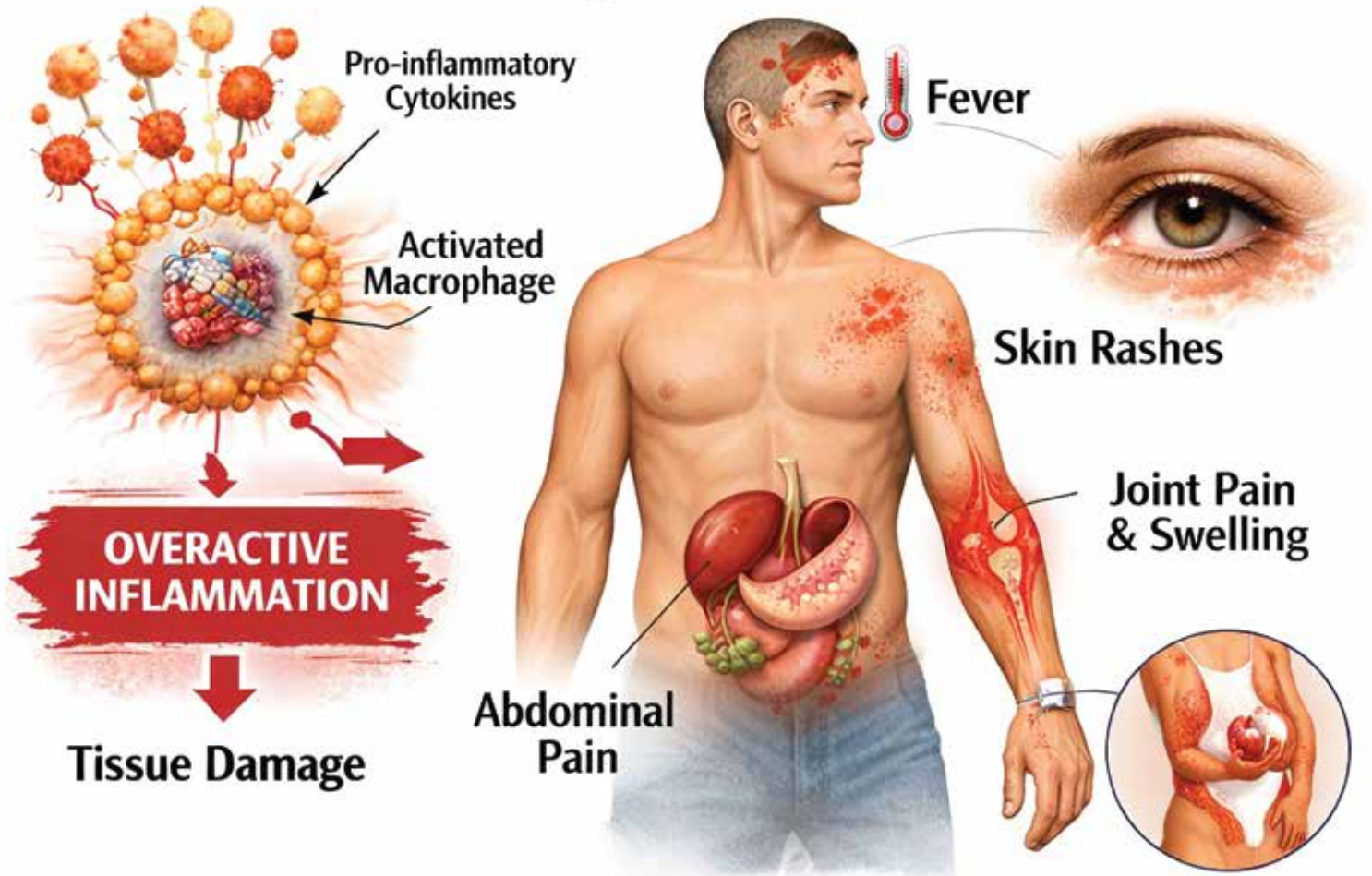
Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Yours Truly,
Kamryn

Autoinflammatory Disease

Auto Inflammatory Diseases

Immune System in Overdrive



**Chronic
Fatigue**



**Organ
Involvement**



**Recurring
Fever**



**Elevated
Inflammatory
Markers**

Autoinflammatory Disease Management



AUTOINFLAMMATORY DISEASE MANAGEMENT



CONTROL INFLAMMATION. PREVENT COMPLICATIONS. IMPROVE QUALITY OF LIFE.

Autoinflammatory diseases are caused by abnormal activation of the innate immune system, leading to episodes of inflammation (flares) that can affect fever, skin, joints, organs and more. With the right treatment and monitoring, many people can live full, active lives.



KEY PARTS OF MANAGEMENT					
1. SPECIALIST CARE	2. ANTI-INFLAMMATORY MEDICINES	3. TARGETED BIOLOGIC THERAPY	4. COLCHICINE	5. MONITORING	6. PREVENTIVE CARE
Usually a rheumatologist. Other specialists may be involved depending on affected organs: • Immunology • Dermatology • Gastroenterology • Nephrology • etc.	• NSAIDs may help with pain, fever, and mild inflammation in some conditions. • Corticosteroids (prednisone, etc.) can quickly control severe inflammation or flares. Long-term use is limited due to side effects.	Many autoinflammatory diseases respond well to medications that target specific inflammatory pathways such as: • IL-1 inhibitors (anakinra, canakinumab) • IL-6 inhibitors (tocilizumab) • TNF inhibitors (infliximab, etanercept) The right medication depends on the diagnosis.	An important treatment for Familial Mediterranean Fever (FMF) and sometimes other inflammatory syndromes.	Regular monitoring helps track disease activity and detect complications early. May include: • CBC (blood counts) • Kidney & liver function • Inflammatory markers (CRP, ESR) • Monitoring for complications such as AA amyloidosis	• Vaccinations • Infection screening before certain biologics • Bone-health monitoring if using corticosteroids • Manage cardiovascular risk factors

FLARES & TRIGGERS

Keeping a record can help identify patterns and reduce flares.

Track:

- Fever
- Rash
- Joint pain/swelling
- Abdominal or chest pain
- Fatigue
- Infections
- Stress
- Menstrual cycles
- Medication changes

LIFESTYLE & SELF-CARE

- Take medications as prescribed
- Get regular exercise as tolerated
- Eat a balanced, anti-inflammatory diet
- Get adequate sleep
- Manage stress (mindfulness, relaxation)
- Stay hydrated
- Build a strong support network
- Don't smoke; limit alcohol

WHEN TO SEEK MEDICAL CARE

Contact your healthcare provider or seek urgent care if you experience:

- High fever that does not improve
- Severe or persistent pain
- Trouble breathing
- Chest pain
- Signs of infection
- Any new or worsening symptoms

REMEMBER

Early diagnosis, the right treatment plan, and ongoing monitoring are key to preventing complications and living well with an autoinflammatory disease.

QUESTIONS TO ASK YOUR RHEUMATOLOGIST

- ✓ What is my specific diagnosis and what does it mean for me?
- ✓ What are my treatment options and goals?
- ✓ How will we monitor my disease and treatment?
- ✓ What are the possible side effects of my medications?
- ✓ What should I do during a flare?
- ✓ Are there resources or support groups you recommend?

YOU ARE NOT ALONE

Support is available. Connect with patient organizations, support groups, and others who understand.



PARTNER. MONITOR. PREVENT. THRIVE.

Work closely with your healthcare team to create a plan that works for you.



Autoinflammatory Diet



FOODS THAT IMPROVE AUTOINFLAMMATORY RESPONSE

Nutrition can help support a healthier inflammatory response and overall well-being.

Diet supports treatment—it does not replace it.
Always follow your care plan and work with your healthcare team.

FOODS TO EMPHASIZE – EAT OFTEN

OMEGA-3 RICH FISH



Salmon, sardines, trout, tuna, mackerel. Omega-3s help reduce inflammation.

BERRIES



Blueberries, strawberries, blackberries, raspberries. Packed with antioxidants that fight inflammation.

LEAFY GREENS



Spinach, kale, collards, arugula. Rich in vitamins, minerals, and protective plant compounds.

CRUCIFEROUS VEGETABLES



Broccoli, cauliflower, Brussels sprouts, cabbage. Contain compounds that help regulate inflammation.

COLORFUL VEGETABLES



Tomatoes, peppers, carrots, sweet potatoes. Vitamins and antioxidants that support immunity.

EXTRA-VIRGIN OLIVE OIL



Use as your primary added fat. Contains anti-inflammatory polyphenols.

AVOCADO



Rich in healthy fats, fiber, and nutrients that help lower inflammation.

NUTS



Walnuts, almonds, pistachios. Provide healthy fats, fiber, and antioxidants.

SEEDS



Chia, flaxseed, pumpkin seeds. Good source of omega-3s, fiber, and minerals.

BEANS & LENTILS



High in fiber and plant protein. Support gut health and help reduce inflammatory markers.

WHOLE FRUITS



Apples, oranges, cherries, grapes, pomegranate. Provide fiber, vitamins, and antioxidants.

WHOLE GRAINS



Oats, quinoa, barley, brown rice. High in fiber; support steady energy and lower inflammation.

HERBS & SPICES



Garlic, ginger, turmeric, cinnamon and more. Natural compounds that help calm inflammation.

FERMENTED FOODS



Plain yogurt, kefir, sauerkraut, kimchi. Support a healthy gut microbiome and immunity. *If tolerated.*

HYDRATION



Water and unsweetened beverages. Important for overall health, especially during flares.

FOODS WORTH LIMITING – EAT LESS OFTEN

SUGARY DRINKS, CANDY & DESSERTS



Can increase inflammation and contribute to weight gain and fatigue.

HIGHLY PROCESSED FOODS



Often high in unhealthy fats, refined carbs, and additives that can worsen inflammation.

REFINED CARBOHYDRATES



White bread, pastries, white rice, and other refined grains may promote inflammation.

DEEP-FRIED FOODS



High in unhealthy fats and can increase inflammatory markers.

PROCESSED MEATS



Bacon, sausage, hot dogs, deli meats contain sodium and additives that may trigger inflammation.

EXCESSIVE ALCOHOL



Can increase inflammation and interfere with medications and immune function.



You usually don't need to eliminate gluten, dairy, nightshades, or other entire food groups unless you have a diagnosed condition, allergy/intolerance, or have identified a reproducible relationship between a food and your symptoms.

AN EASY PLATE TO FOLLOW



Add a healthy fat such as olive oil, avocado, nuts, or seeds.

1/2 VEGETABLES

Fill half your plate with a variety of colorful vegetables.

1/4 LEAN PROTEIN

Choose fish, poultry, beans, lentils, tofu, or other lean sources.

1/4 HIGH-FIBER CARBOHYDRATE

Choose whole grains, beans, or starchy vegetables.

SAMPLE DAILY MENU (EXAMPLE)



BREAKFAST

Greek yogurt with berries, chia seeds, and a sprinkle of walnuts + green tea



LUNCH

Quinoa salad with chickpeas, spinach, cucumber, tomatoes, olive oil + lemon



DINNER

Grilled salmon, roasted broccoli & peppers, small sweet potato



SNACKS (AS NEEDED)

Apple with almond butter, carrot sticks with hummus, or a handful of nuts

ADDITIONAL TIPS

- ✓ Eat a rainbow of whole foods.
- ✓ Focus on fresh, minimally processed foods.
- ✓ Cook at home more often.
- ✓ Read labels—choose foods with simple ingredients.
- ✓ Stay active as tolerated.
- ✓ Manage stress and get adequate sleep.
- ✓ Keep a food and symptom journal to identify patterns.



Food is powerful medicine. Small, consistent choices can help calm inflammation and improve quality of life.



Work with your healthcare team and a registered dietitian for a personalized nutrition plan that is right for you.



Partner. Monitor. Prevent. Thrive.



Autoinflammatory Disease

Autoinflammatory Diseases

Disorders of innate immunity characterized by recurrent episodes of systemic inflammation without high-titer autoantibodies or antigen-specific T cells

Key Features



Recurrent fever
Episodes of fever lasting hours to days



Inflammation
Serositis, arthritis, rash, and other systemic inflammatory symptoms

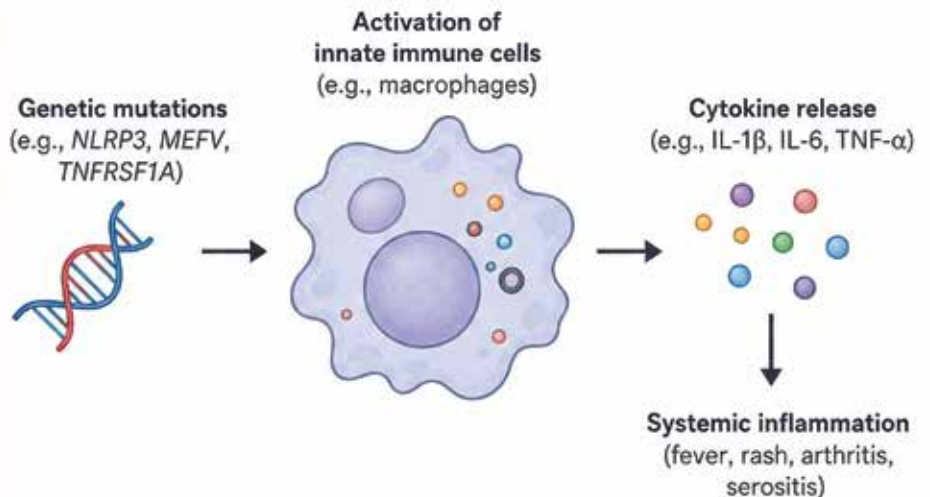


Genetic basis
Many are monogenic disorders affecting innate immune pathways



Innate immunity
Overactivation of innate immune system, particularly the inflammasome and cytokine pathways

Pathogenesis



Examples of Autoinflammatory Diseases

- **Familial Mediterranean Fever (FMF)**
– *MEFV* gene
- **Cryopyrin-Associated Periodic Syndromes (CAPS)**
– *NLRP3* gene
- **Tumor Necrosis Factor Receptor-Associated Periodic Syndrome (TRAPS)**
– *TNFRSF1A* gene
- **Blau Syndrome**
– *NOD2* gene
- **Deficiency of the Interleukin-1 Receptor Antagonist (DIRA)**
– *IL1RN* gene



Fever



Arthritis



Serositis



Rash

Diagnosis

- Clinical presentation
- Elevated inflammatory markers (ESR, CRP, SAA)
- Exclusion of infections, malignancies, and autoimmune diseases
- Genetic testing (in many cases)

Treatment

- NSAIDs, corticosteroids (for acute flares)
- Colchicine (e.g., FMF)
- Biologic agents targeting cytokines (e.g., IL-1 inhibitors: anakinra, canakinumab; TNF inhibitors)
- Supportive care

Key Point

Autoinflammatory diseases result from dysregulation of the innate immune system, leading to recurrent inflammation without the involvement of autoantibodies or antigen-specific T cells.

FACTS AND STATS

- Autoinflammatory diseases have no cure, but are managed with targeted therapies such as anti-inflammatories and biologic agents to prevent organ damage and flare-ups.
- Most commonly inherited and linked to a specific single-gene mutation.



WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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