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R S Polyclinic
OUR ESTEEMED DOCTORS
Dr M. Rajkumar 98410 25996
Dr K. Nanitha Bhuvaneswari 9444 288784
Dr Sathish Rajkumar 9445 401793
Dr Shanthi R 9884 650945
Dr Salina R 87780 87742
Dr Praveena E 9944 100443

Autoimmune conditions can be managed well with early diagnosis and treatment: experts

CHENNAI – 29 Nov, 2026 Autoimmune conditions occur when the immune system mistakenly attacks the body's own tissues and organs.

Aishwarya G., consultant rheumatologist and clinical immunologist, Apollo Specialty explained the hows and whys. She said genes, the environment, hormones, and lifestyle all played a part, and discussed early warning symptoms. She stressed that these conditions were not contagious and that nothing that patients did or did not do caused them. She different types of autoimmune diseases – systemic and organ-specific – and explained how certain conditions such as Type 1 diabetes, Hashimoto's, lupus, rheumatoid arthritis and Sjögren's, among others, occurred. She also outlined the diagnostic described how treatment worked to calm the immune system, ease symptoms, and support the body.



Prabash Prabhakaran, director and senior consultant, neurology, SIMS Hospital, Chennai, explained that autoimmune conditions could the nervous system, and the doctor's first goal was to localise the affected area and understand which part of the nervous system was involved. This was followed by assessing the tempo: figuring out if the condition developed over hours, days, weeks, or longer.