

Immunity stability and life

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Perspective

Immunity is the balanced state of the body to fight against diseases, unwanted invasion, tolerances and avoid allergic reactions. Tolerances is the failure to mount the immune system towards an antigen, that can be natural or self-tolerance. A failure to mount immune system is real important and a good thing, when it comes to the body's own protein and other antigens. Autoimmune is the immune response against the body health cells and tissues. The healthy person needs to have good immune response to protect the one from diseases. Failure of the immune system to act against the diseases is called IMMUNODIFICENCY. That may either due to primary causes such as genetic defects or secondary due to environment exposure, immunosuppression, cancer and aging. Lifestyle may lead to different exposure that can decrease the effectiveness of the immune response.

The big point is on how our life style determines the health status by good protection against the infections. Basically, focusing on the social, mental and economic factors that may affect our health. Its wide cycle of which we do revolve in, as such when the person is affected economically, will be also affected socially and mentally, thus poor health status. For example, immune response is build up with good diet if then there is no diet, the result is no good health immunity. The social determinants are all conditions people are born, grow, live, work and age. Hence the probability of affecting the immune system of people born and live till aging in these social determinants is high. More efforts on the social determinants of health will decrease the risks of developing diseases and protecting the future generation.

Different social determinants include economic status (poverty), education, health and health care, neighboring and built environment and other one social and community content. Keeping the point that the health status need to be

improved, meaning that the immunity of every person needs to be very stable as much as possible.

Economic stability, includes employment, income, expenses, debt and medical bills. For the people with economic instability fail to access the needed resources as food, housing and necessary health care. In which all these things affect the health immunity and increases chances of developing infectious diseases. "Think of the man in the family having debts. Poor housing conditions, have children and he needs to educate them too, when the children need the treatments above his level it will not be easy. Financial stress and the man will develop diseases such as heart diseases and diabetes.



Actually there are a lot linked with social determinant of health and the immune of every person. But there is the great need of improving the life

status of people in the society. Employment, improving housing and income will reduce the risk of infectious diseases, such as cardiovascular diseases and respiratory diseases. (Plecher,2020)" The employment status shows that number of unemployed persons worldwide from 2010 to



2017 and projection until 2020. In 2017, there were about 174.1 million unemployment persons worldwide".

Another determinant is education, without the education it's real hard to choose the better lifestyle choice. It improves the skills and awareness of different risks that may cause failure of the immune system. Leading to cognitive behaviors that may build up the immune of the body. As it's the circle also education affect the income, nutrition and wellbeing of the person by regular checkups. People needs to be educated to understand the role of social determinant that have the greatly impact on their health. As in pandemic of COVID-19, more information about improving the body's immunity should be provided to protect the lives of many. (COVID-19 RESPONSE BY NUMBERS,2020) "(1.5 BILLION TIMES PEOPLE HAVE LOOKED FOR INFORMATION ON CDC

WEBSITES)". As also for social determinants too education is also important to improve the life of people.

Ending up on the environment factors that affect the health of the person. Transportation, Safety, infrastructures, and geography. Increase the chance of exposure of environmental hazard increases the risk of developing cancer, toxin chemicals, asthma, pollution and poverty. One cannot maintain the proper health with no good immunity, thus immune must be stable and avoid or minimize the risk of exposure.

Generally, in order to focus the good stable community, the aim should be on the targeted on the social determinants that affect the health and also improve the immune stability to avoid diseases.

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