

# INFLAMMATION

Inflammation helps your immune system battle infection. But when it rages out of control, your whole body suffers—from your head to your toes.

## HEAD

Rampant inflammation may cause or worsen alopecia and other forms of head and body hair loss.

## BRAIN

Inflammation attacks your brain's pleasure and reward centers. As a result, studies have linked inflammation to depression, anxiety, problems concentrating, and fatigue.

## LUNGS

Systemic inflammation contributes to airway blockages and COPD, a cluster of lung diseases that cause breathing problems and raise your risk for stroke.

## HEART

Long-term inflammation promotes the buildup of plaque in the vessels of your heart, which can result in an attack.

## HANDS

Many forms of arthritis are really just joint-specific inflammation. One common type of osteoarthritis is particularly likely to strike middle-aged women, and it usually pops up first in the joints of her fingers.

## GUT

Low-grade inflammation may cause or worsen irritable bowel disease (IBS) and other gut-related issues. Even feeling stressed, which can trigger inflammation, can upset your stomach.

## FEET

Gout—a form of painful inflammation that results from the buildup of uric acid in a person's joints—often strikes a sufferer's feet, and particularly her big toes.

## KNEES

Whether it's a poor diet or lack of exercise, anything that promotes inflammation will make knee pain associated with arthritis worse.



