

Living with an Autoimmune Disease – A Healthy Lifestyle Can Make a BIG Difference

Being well-educated about your autoimmune disease, such as Crohn's, Osteoporosis or Multiple Sclerosis (MS), is a powerful tool that empowers patients to participate actively in their healthcare journey. Understanding the intricacies of the condition can lead to more informed decision-making, increased adherence to treatment plans, and, ultimately, an enhanced quality of life.

Firstly, knowledge fosters a sense of empowerment. When individuals are well-informed about their autoimmune disease, they can actively engage with healthcare providers in meaningful discussions about their condition. This collaborative approach encourages a sense of partnership between the patient and the medical team, leading to more effective and tailored treatment plans.

Knowing about the symptoms, progression, and potential complications of an autoimmune disease allows patients to recognize changes in their health more promptly. Early detection of symptoms or shifts in the disease course can enable timely intervention, potentially minimizing the impact on overall well-being. Regular communication with healthcare professionals is key to this proactive approach.

Secondly, an understanding of the available treatment options and their potential benefits and risks empowers patients to make informed decisions about their healthcare. This knowledge allows individuals to actively discuss treatment plans, ensuring that interventions align with their preferences and lifestyles. It also facilitates realistic expectations about the outcomes of different therapeutic approaches.

Education about lifestyle factors that may impact autoimmune disease is equally crucial. Patients who are well-informed about the role of diet, exercise, stress management, and other lifestyle factors can make conscious choices to support their overall health.

- **Engaging in regular physical activity** is a cornerstone of a healthy lifestyle for those with autoimmune conditions. Exercise can contribute to improved muscle strength, flexibility, and cardiovascular health.

- **Nutrition** plays a pivotal role in managing autoimmune diseases. A well-balanced diet rich in fruits, vegetables, whole grains, and lean proteins can support overall health. Some studies suggest that certain dietary patterns, such as the Mediterranean diet, may have potential benefits for individuals with autoimmune conditions.

- **Adequate rest and stress management** are integral components of a healthy lifestyle, especially for those with autoimmune diseases. Sleep is essential for the body's repair processes, and chronic stress may exacerbate symptoms. Implementing stress-reduction techniques such as mindfulness, meditation, or yoga, under the supervision of a healthcare provider can be beneficial in managing the impact of stress on autoimmune conditions.

- **Regular medical check-ups** are crucial for individuals with autoimmune diseases to monitor their health status and adjust treatment plans. It is essential to maintain open communication with healthcare providers, promptly reporting any changes in symptoms.

Building a relationship with your medical team plays a vital role in the well-being of individuals with autoimmune diseases. At Sage Infusion we found that we can help answer questions and provide tools/educational materials to help our patients feel supported and to better understand their treatment and journey. This helps them communicate their needs more effectively to family, friends, and their healthcare providers, which creates a supportive environment that can positively influence the patient's emotional and mental health.

Being well-educated about autoimmune diseases like Crohn's, Osteoporosis or MS is a cornerstone of effective self-management. It empowers patients to participate in their healthcare actively, recognize changes in their health, make informed decisions about treatment options, and cultivate a supportive network.

Sage Infusion Can Help

At Sage Infusion, we've reimaged patient care. From a quick start to upfront pricing and financial assistance to compassionate care by our clinical experts in a serene environment, you will experience infusion therapy like never before. We develop long-term relationships with our patients and work with them to tailor their treatment experience and preferences to make them feel comfortable.



We are committed to making every infusion as comfortable, easy, and stress-free as we possibly can. We've designed our space to create an ambience of serenity.

We provide expert patient-centered infusion care in a contemporary boutique environment. Sage Infusion eases your medical burdens by handling the care coordination process, including insurance authorization and patient progress updates. Our flexible scheduling meets our patient's needs with extended hours. Day, night, and weekend appointments are available. Our physician assistants and nurse practitioners follow the National Infusion Center Association guidelines and our proprietary clinical protocols. Sage Infusion offers a variety of comforting amenities, and patients can choose to receive treatment in the open lounge or private room. We want you to focus on getting better and living a healthier life.

Sage Infusion offers the best infusion and administration facilities in the Sunshine State with locations in The Villages – Lake Sumter, Fort Myers, Clearwater, Orlando, Sarasota, Tampa, and Brandon (coming in 2024).



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