

**WHAT IS INFLAMMATION?**  
 Your body produces an inflammatory response when it needs to **protect** itself against **bacteria, viruses, allergens and other causes**. But if this goes on **too long**, it can lead to other diseases<sup>1</sup>.

**TWO MAIN TYPES OF INFLAMMATION<sup>2</sup>**

**1.**

**ACUTE**

Your body's quick response to injury, or an illness caused by a germ. Symptoms are severe, but **don't last long<sup>2,4</sup>**.

**SIGNS**

- Pain<sup>2</sup>
- Swelling<sup>2</sup>**
- Redness<sup>2</sup>
- Warmth<sup>2</sup>**
- Loss of function, e.g. difficulty breathing when you have bronchitis<sup>2</sup>

**CAUSES**

Triggered by **injury or infection<sup>2</sup>**

**2.**

**CHRONIC**

The response is **too severe or lasts months or years**. May lead to diseases, including **autoimmune disorders<sup>2,4</sup>**.

**SIGNS**

- Body pains<sup>4</sup>
- Constant fatigue and insomnia<sup>4</sup>**
- Mood disorders, e.g. depression and anxiety<sup>4</sup>
- Weight gain or loss<sup>4</sup>**
- Regular infections<sup>4</sup>

**CAUSES**

- Lingering infection<sup>4</sup>
- Prolonged exposure to low-level irritants or allergens<sup>4</sup>**
- Autoimmune disorders<sup>4</sup>
- Repeated episodes of acute inflammation<sup>4</sup>**
- A systemic defect that results in severe and ongoing inflammation<sup>4</sup>



**TREATMENT**

Cold compress and over-the-counter pain medication<sup>5</sup>.



**PREVENTION**

Combination of medical/lifestyle interventions, including weight loss<sup>4</sup>.



**DIET**



**AVOID**

- Refined sugar<sup>3</sup>**
- Saturated fat/trans fats<sup>3</sup>**
- More complex carbs<sup>3</sup>**



**CHOOSE**

- Fibre<sup>3</sup>**
- Fish<sup>3</sup>**
- Nuts<sup>3</sup>**
- Fresh fruit and vegetables<sup>3</sup>**



**LIFESTYLE**



**CHOOSE**

- Appropriate exercise<sup>3</sup>**
- At least 7-8 hours sleep a night<sup>4</sup>**
- Quit smoking<sup>4</sup>**
- Deep breathing and/or meditation<sup>3</sup>**
- Control your weight<sup>3,4</sup>**.

1. Galvão, I. Mediators of inflammation. In: Riccardi C, Levi-Schaffer F, Tiligada E. (eds) Immunopharmacology and Inflammation. Springer, Cham. (2018)  
 2. Ansar, W. & Ghosh, S. Inflammation and inflammatory diseases, markers, and mediators: role of CRP in some Inflammatory Diseases. In: Biology of C Reactive Protein in Health and Disease. Springer, New Delhi. (2016)  
 3. Bennett, J. Inflammation-nature's way to efficiently respond to all types of challenges: implications for understanding and managing "the epidemic" of chronic diseases. Frontiers In Medicine. 5. 316. (2018)  
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 5. Galli, S.J. The development of allergic inflammation. Nature. 454,7203. 445-454. (2008)

**Suspect you have inflammation?**  
 Contact your healthcare provider as soon as possible.

Find out more at [www.knowpain.co.za](http://www.knowpain.co.za)

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