

Soundbite Script – Finding the Source of Inflammation

Kathleen Meade, Family Nurse Practitioner, OSF HealthCare

“At some point everyone will have inflammation, whether it’s acute, like a thorn in your finger that stimulates the inflammation process, or whether you have chronic inflammation, which is caused by a variety of agents whether it’s viral, bacterial or auto immune diseases.”

Kathleen Meade, Family Nurse Practitioner, OSF HealthCare

“Anyone is prone to getting inflammation. It’s whether or not we can stop the cause of the inflammation or it’s something more with autoimmune diseases or chronic disease, then we have to treat the underlying disease in order to slow down the inflammatory process.”

Kathleen Meade, Family Nurse Practitioner, OSF HealthCare

“Treatment is dependent on the underlying cause. We have several different tests we can perform and several different drugs we can utilize to minimize the inflammation, which in turn, can cause some chronic damage to our bodies.”

Kathleen Meade, Family Nurse Practitioner, OSF HealthCare

“One of the biggest steps you can take to avoid inflammation is maintaining a healthy weight and a healthy lifestyle – getting up and getting active. That also includes following a Mediterranean diet. They have found that olive oil, nuts, fish with omega three also help to provide an anti-inflammatory affect.”