

Immune System



Every day, the body is attacked by germs, parasites, cancer cells, and other harmful things. Living beings have a defense system against these invaders, called the immune system. Its main job is to recognize what belongs to the body and what is foreign, so it can remove it or stop it.

Information

The immune system has many ways to protect us. Its cells react quickly when there is danger. They move through the whole body looking for signs of damage or infection. These cells also remember the germs they have fought for a long time. The immune system also responds to vaccines and makes all the antibodies that protect us.

Just like other systems in the body, the immune system can get weaker with age. These changes can make its cells not work as well as they did before.

Main parts of the Immune System

- Lymphatic system
- Antibodies
- White Blood Cells ((leukocytes)
- Certain organs (such as the spleen and tonsils)



Autoimmune Diseases

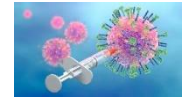
Autoimmune diseases occur when the immune system mistakenly attacks healthy cells, as in rheumatoid arthritis, lupus, or multiple sclerosis. There are also immunodeficiencies, such as HIV, where the immune system becomes weakened and loses its ability to fight infections.

Recommendations

Some suggestions to help strengthen the immune system are:

- Physical activity.
- Getting enough rest.
- Healthy eating.
- Managing stress.
- Keeping vaccinations up to date.
- Avoiding smoking and alcohol consumption.

Vaccines help strengthen the body's defenses by exposing the immune system to dead or weakened germs. This helps the cells learn how to fight these threats and remember them, without the body getting sick.



Social and Emotional Aspects

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line 1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

<https://www.merckmanuals.com/es-us/hogar/breve-informaci%C3%B3n-trastornos-inmunol%C3%B3gicos/biolog%C3%ADa-del-sistema-inmunitario/introducci%C3%B3n-al-sistema-inmunitario>
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