

What is a Weakened Immune System?

Your immune system is a network of cells, organs and tissues that work together to protect your body from infection. A healthy immune system can recognize an “invader” like a virus or a germ, and work to keep it out, or destroy it before it can do damage to your body. But a weakened immune system means this network doesn’t work together as well as it should to create a strong enough defense against possible invaders.

If you have a weakened immune system, you are at a higher risk for infection and sometimes serious health problems as a result. You may have been born with a weakened immune system, or it could be caused by a condition you have, or even the treatment you are taking for that condition. These include cancer treatment, smoking, lack of good nutrition, bone marrow or organ transplant, HIV, and taking certain medications that lower the immune response.

If you have a weakened immune system or chronic health condition, it’s important to take steps to reduce your risk of getting sick. You can help keep your immune system stronger by making healthy lifestyle choices like making healthy foods choices, getting regular exercise and getting enough sleep. Work with your healthcare provider to know how to monitor symptoms of infection and when to reach out.