Mini Review

Review of Vaccine Induced Immune Overload and the Resulting Epidemics of Type 1 Diabetes and Metabolic Syndrome, Emphasis on Explaining the Recent Accelerations in the Risk of Prediabetes and other Insulin Resistant Diseases

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Received December 27, 2013; Accepted February 17, 2014, Published February 20, 2014

Abstract

There has been an epidemic of inflammatory diseases that has predicted the occurrence of a dramatic immune activation epidemic, with recent research evidence suggesting that this is particularly true for type 1 diabetes and metabolic syndrome. Type 1 diabetes is characterized by the presence of a T cell mediated autoimmune attack on beta cells in the pancreas, which is further exacerbated by a decrease in the production of regulatory T cells that are responsible for suppression of this immune attack. This is further complicated by the presence of the negative feedback loop of the immune system leading to the constant cycle of progression and regression. The phenomenon of Vaccine Induced Immune Overload (VIIO) is a recently described phenomenon that is believed to be responsible for the increased risk of occurrence of type 1 diabetes and metabolic syndrome. VIIO is a result of the over activation of the immune system leading to a state of immunological imbalance. This review discusses the mechanism of VIIO and its implication on the risk of these diseases, with particular emphasis on the role of regulatory T cells. The implications of these findings are further examined in terms of potential implications for public health and healthcare systems.

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