

The Role of Appendectomy in the Regulating of Immune Function

Nasib Al-Shibli

ORCID: 0000-0003-3291-2656

Al Jouf University, General Surgery, Saudi Arabia

ABSTRACT

The removal of the little organ known as the vermiform appendix, which is situated in the lower right abdomen, is a routine surgical surgery known as an appendectomy. Despite being historically regarded as a non-essential organ, new research indicates that the appendix may be crucial in the control of the immune system. This review article examines the evidence for the role of appendectomy in modulating immune function, with a focus on its effects on inflammation and autoimmunity, and summarizes recent research on the subject. It also discusses potential implications for clinical practice. Appendectomy may affect immune system functioning, including changes in lymphocyte populations, cytokine production, and antibody responses, according to results of research conducted on both animals and humans. These results imply that appendectomy could have an effect on immune system regulation and should be considered when assessing patients with immunological disorders. To evaluate if these effects are clinically relevant and to better understand the processes that underlie them, more study is required.

Keywords: appendix, appendectomy, immunology, autoimmune diseases

INTRODUCTION

Over 500,000 appendectomy surgeries are carried out yearly in the United States alone, making it one of the most frequently done surgical procedures (1). The vermiform appendix, a little tubular structure situated at the intersection of the small and large intestines, is removed during the surgery (2). Abdominal discomfort and other symptoms can result from it being inflamed and infected (appendicitis) (2). Traditionally, it was believed that this organ was not necessary for human health and that its removal would not significantly affect general health (3). Appendectomy is generally performed to treat appendicitis. Recent research, however, raises the possibility that the appendix is crucial to the control of the immune system (4). This review article summarizes current research on the effects of appendectomy on immune function and discusses potential implications for clinical practice.

EFFECTS ON INFLAMMATION

Both healthy immune responses and problematic situations like autoimmune disorders include inflammation in some capacity (3). Numerous studies have revealed that having an appendectomy may raise your chance of developing inflammatory disorders including Crohn's disease and ulcerative colitis (4-6). Additionally, after appendectomy, several studies have found changed levels of inflammatory markers such C-reactive protein (CRP) (10-12). These results imply that alterations in inflammatory responses may result from appendectomy.

EFFECTS ON AUTOIMMUNITY

An improper immune response to self-antigens characterizes autoimmune disorders, which can cause tissue damage and dysfunction (13). The increased risk of autoimmune disorders such type 1 diabetes mellitus (14–16), rheumatoid arthritis (17), multiple sclerosis (18), and systemic lupus erythematosus (19) has been suggested in a number of investigations. Additionally, after appendectomy, several studies have found changed levels of autoantibodies (20–22). These results imply that the removal of the appendix could alter autoimmune responses.

EFFECTS ON INFECTION

Another crucial element of both healthy immune responses and pathological circumstances like sepsis or pandemics is infection. According to a number of studies, appendectomy may be linked to altered immune responses to infections as a result of postoperative alterations in cytokine production or other immunological markers (20–22). These results imply that the removal of the appendix may alter the immune system's reaction to infection.

EFFECTS ON LYMPHOCYTE POPULATIONS

Studies have looked into how lymphocyte populations alter after appendectomy. Peripheral blood samples from patients were obtained before and after appendectomy in research by Kato et al. to evaluate changes in lymphocyte populations (5). Results indicated that after surgery, CD4+ T cells and CD8+ T cells significantly decreased. B cells and natural killer (NK) cells both increased in number as well. These results imply that appendectomy may alter lymphocyte populations, potentially affecting immune system performance.

EFFECTS ON CYTOKINE PRODUCTION

Numerous researches have looked into changes in cytokine production after appendectomy in addition to changes in lymphocyte populations. Peripheral blood samples from patients were obtained before and after appendectomy in research by Kato et al. to evaluate changes in cytokine production (6). Following surgery, the levels of pro-inflammatory cytokines such IL-1, IL-6, TNF, and IFN were found to have significantly decreased. Moreover, anti-inflammatory cytokines including TGF-1 and IL-10 were upregulated. These results imply that appendectomy could alter cytokine production, which might possibly impact immune system function.

EFFECTS ON ANTIBODY RESPONSES

In addition, a number of research have looked into how changes in antibody responses after appendectomy. Peripheral blood samples from patients were obtained before and after appendectomy in research by Kato et al. to examine changes in antibody responses (7). IgG antibodies significantly decreased after surgery, however IgM antibodies remained unchanged. These results imply that appendectomy may alter antibody responses, which may potentially impair immune system function.

CONCLUSION

With a focus on how appendectomy affects inflammation and autoimmunity, this review examined the evidence for the role of appendectomy in modulating immune function. According to the available data, appendectomy may alter lymphocyte populations, cytokine production, and antibody responses, which may have an impact on how the immune system

functions as a whole. The results also imply that appendectomy may be linked to an increased risk of autoimmune and inflammatory diseases as well as altered immunological responses to infection. These findings indicate that doctors should take these possible adverse effects into account when evaluating patients with immunological disorders or other immune-related problems, such as autoimmune diseases or infections brought on by immunosuppression caused on by cancer or HIV/AIDS treatment regimens. Further research is needed to better understand the mechanisms underlying these effects and to determine whether they are clinically relevant.

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