

Name \_\_\_\_\_

## Cytokines: The Tiny Messengers Inside You

### Open-Ended Response Answer Key

1. Real-life examples of how cytokines work in the body may include their role in fighting off infections, regulating inflammation, and coordinating the immune response.
2. It's important for the immune system to have cytokines because they help coordinate the body's response to infections and regulate inflammation to keep it balanced.
3. Understanding cytokines may lead to new treatments for diseases by targeting specific cytokines involved in dysregulated immune responses, such as autoimmune diseases.
4. Some ways to keep cytokine activity balanced in the body may include maintaining a healthy lifestyle, managing stress, and avoiding exposure to harmful substances.

