



Mucosal Immunology: Unravelling the Complexities of Immune Defence at Barrier Surfaces

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Mucosal immunology is a specialized field of study that focuses on the immune response at mucosal surfaces,

Secretory immunoglobulin a (siga):

Innate immune cells:

Tolerogenic mechanisms:

Functions of mucosal immune system

Pathogen exclusion

Immune surveillance:

Immunoglobulin secretion:

Immune tolerance:

Significance in health and disease

Infectious diseases:

Autoimmune diseases

Allergic diseases:

Future perspectives and research

Conclusion

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3. Doherty R, Madigan S, Warrington G, Ellis J (2019) Sleep and nutrition interactions: implications for athletes. *Nutrients* 11:822.
4. Jagannath A, Taylor L, Wakaf Z, Vasudevan SR, Foster RG, et al. (2017) The genetics of circadian rhythms, sleep and health. *Hum Mol Genet* 26:128-138.
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