

Many victims do not recall a tick attachment. Not all people will get or recall the classic bull's eye rash. (see back side of this brochure)



Lyme Disease is commonly mistaken as:

Fibromyalgia, arthritis of various types, Chronic Fatigue (CFIDS), heart disorders, Lupus, MS, Bi-

polar disorder, other psychiatric disorders, early ALS, Sjogren's syndrome, early Alzheimers disease, Irritable Bowel Syndrome, Crohn's disease and many other more non-descript illnesses.

Lyme Disease affects multiple systems in the body. For example, you may have bowel problems, poor memory, poor concentration and migrating joint pain while also having tremors, heart palpitations, fatigue, and strange tingling of the face or various areas of your body, with spots in your vision. This is only one of hundreds of scenarios.

Lyme disease must be diagnosed and treated at the 'General Practitioner' level. By the time a specialist gets involved the disease may have disseminated throughout the body making treatment much more difficult.

One myth is that you have to be in the woods to get a tick bite. The ticks that cause Lyme disease are found in your garden, on low brush, logs, rock walls, wild grasses and weeds, especially along pathways or trails.

Sitting on logs or collecting winter firewood can increase your risk. Outdoor pets can transport ticks in to the home.

Early Lyme symptoms can be flu-like and may include fever, headache, fatigue, nausea, muscle ache, jaw pain, red eyes and stiff neck. If left untreated at this point it **may develop into disseminated Lyme disease** and symptoms are as follows:

1. Unexplained fevers, sweats, chills, or flushing
2. Unexplained weight change--loss or gain
3. Fatigue, tiredness, poor stamina
4. Unexplained hair loss
5. Swollen glands (groin, armpit, neck)
6. Sore throat, difficulty swallowing
7. Testicular pain/pelvic pain
8. Unexplained menstrual irregularity
9. Unexplained milk production: breast pain
10. Irritable bladder or bladder dysfunction
11. Sexual dysfunction or loss of libido
12. Upset stomach
13. Change in bowel function-constipation, diarrhea, muscle control
14. Chest pain or rib soreness
15. Shortness of breath, cough
16. Heart palpitations, pulse skips, heart block
17. Any history of a heart murmur or valve prolapse?
18. Joint pain or swelling
19. Stiffness of the joints, neck, or back
20. Muscle pain or cramps
21. Twitching of the face or other muscles
22. Headache, Seizures, Brain Lesions

23. Neck creaks and cracks, neck stiffness, neck pain
24. Tingling, numbness, burning or stabbing sensations, shooting pains
25. Facial paralysis (Bell's Palsy)/numbness
26. Eyes/Vision: double, blurry, increased floaters, light sensitivity
27. Ears/Hearing: buzzing, ringing, ear pain, sound sensitivity
28. Increased motion sickness, vertigo, poor balance
29. Lightheadedness, wooziness
30. Tremors
31. Confusion, difficulty in thinking
32. Difficulty with concentration, reading
33. Forgetfulness, poor short term memory
34. Disorientation: getting lost, going to wrong places
35. Difficulty with speech or writing
36. Mood swings, irritability, depression
37. Disturbed sleep--too much, too little, early/frequent awakening
38. Exaggerated symptoms or worse hangover from alcohol

Treatment

If caught early and antibiotic treatment is given in sufficient dosage over sufficient time all is well in most cases. There remains a significant risk of treatment failure, usually as a result of insufficient

dose or length of treatment and/or late diagnosis. Re-treatment is then necessary.

See www.canlyme.com/treatment.html

After a tick bite, *Borrelia Burgdorferi* (the Lyme spirochaete) can be spread into the blood system quickly and can be found within the central nervous system within hours of infection.



Go to www.canlyme.com/ticks.html to help identify ticks. **A rash occurs or is found in only some patients.** It can be a bull's eye, or can be more generalized in appearance. Antibiotic therapy should be determined by the general practitioner following the guidelines noted above.

Prevention

New research suggests living by a small patch of woods could increase your chances of contracting Lyme disease. Scientists from several institutions have discovered small forest fragments tend to have more Lyme disease than larger areas.

Although such fragments generally have fewer reservoir species than larger wooded areas, some animals actually do better in small forest patches. One such species is the white-foot mouse, which seems to thrive in fragments smaller than 5 acres. This could mean trouble for people living nearby because the mice are one of the main carriers of Lyme bacteria. The mice, birds, and pets then transport the ticks to your gardens and lawns.

Wear pants tucked in to socks and light coloured clothing with long sleeve shirts. Walk in center of paths to avoid brush contact.

Apply products containing **DEET** as a repellent.

Tick Removal

Perform tick checks regularly over the entire body. They prefer warm moist areas. Embedded ticks should be removed using fine-tipped tweezers.

DO NOT use fingers to pull out a tick.

DO NOT use petroleum jelly, a hot match, nail polish, or other products. Grasp the tick firmly and as closely to the skin as possible with tip of tweezers. With a steady motion, pull the tick's body away from the skin. The bacteria that cause Lyme disease are contained in the bug's midgut or salivary glands. Cleanse the area with an antiseptic.

Seek medical attention immediately...

DO NOT wait for symptoms.

SAVE TICK in ziplock baggie with damp paper towel and bring to your doctor or public health office or contact CanLyme.



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Lyme Disease



AND POSSIBLE CO-INFECTIONS

DISEASES we must learn about.



The incidence of Lyme and other tick borne infectious diseases are increasing significantly in North America and around the world. These other diseases include tick paralysis, babesiosis, ehrlichiosis, Rocky Mountain Spotted Fever, bartonella, tularemia, Colorado Tick Fever, Q fever.

We encourage medical professionals to learn all they can about these rapidly emerging phenomenon. www.canlyme.com

Blood tests for Lyme Disease are inadequate and are not to be used to diagnose the disease only to augment a "clinical" diagnosis. (see www.canlyme.com/diagnosis.html)

exposed to one of the species of ticks carrying the disease anywhere in North America. Any species of tick that feeds on humans can carry diseases of various types.