

How is it transmitted?

Lyme disease is transmitted by the bite of a tick, and the disease is prevalent across the United States and throughout the world. Ticks know no borders and respect no boundaries. A patient's county of residence does not accurately reflect his or her Lyme disease risk because people travel, pets travel, and ticks travel. This creates a dynamic situation with many opportunities for exposure to Lyme disease for each individual.

Lyme Disease

Lyme disease is a clinical diagnosis. The disease is caused by a spiral-shaped bacteria (spirochete) called *Borrelia burgdorferi*. The Lyme spirochete can cause infection of multiple organs and produce a wide range of symptoms. Case reports in the fewer than 50% of patients with Lyme disease recall a tick bite. In some studies this number is as low as 15% in culture-proven infection with the Lyme spirochete.

What Are Tick Borne Diseases

Tick-borne illnesses are caused by infection with a variety of pathogens, including rickettsia and other types of bacteria, viruses, and protozoa. Because ticks can harbor more than one disease-causing agent, patients can be infected with more than one pathogen at the same time, compounding the difficulty in diagnosis and treatment.

Who Gets Lyme Disease?

Lyme disease can affect people of any age. Persons who spend time in wooded or grassy areas are at greater risk of disease because of the increased exposure to ticks. Persons who work or play in their yard, participate in recreational activities away from home such as hiking, camping, fishing, and hunting, or engage in outdoor occupations, such as landscaping, brush clearing, forestry, and wildlife and parks management in endemic areas may also be at risk of contracting Lyme disease.

Leading Causes of Vector-Borne Illness

Lyme Disease is the leading cause of vector-borne (transmitted by insects) infectious illness in the U.S.

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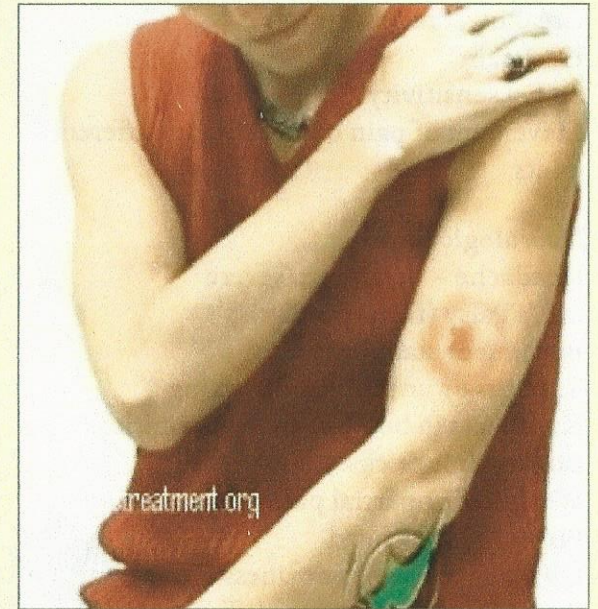
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Tick-Borne Diseases



Types

Lyme Disease

Ehrlichiosis

Babesia

Bartonella

Rocky Mtn Spotted Fever



NOTE

NOTE: When a tick bites, less than 50% recall a bite or get/see the rash.

What To Look For?

Musculoskeletal System

Joint pain or swelling
Stiffness of joints, back, neck
Muscle pain or cramps
Creaking, cracking joints
Heel pain
Spinal sensitivity
Movement of pain or swelling to different joints

Neurologic System

Headache – persistent/severe
Bell's Palsy (facial paralysis)
Burning or stabbing pains
Tremors or unexplained shaking
Numbness in body and/or extremities, tingling, pinpricks
Weakness or partial paralysis
Pressure in the head
Lightheadedness, wooziness
Poor balance, dizziness, difficulty walking
Increased motion sickness
Seizures, stroke symptoms
Restless legs



Mental Capability

Memory loss (short or long term)
Confusion, difficulty in thinking
Forgetting how to perform simple tasks
Speech difficulty (slurred or slow)
Stammering, stuttering speech
Going to the wrong place

Psychological well-being

Mood swings, irritability
Unusual depression
Panic-anxiety attacks
Overemotional reactions, crying easily
Aggression, rage
Too much sleep, insomnia
Difficulty falling or staying asleep
Obsessive-compulsive behavior
Suicidal thoughts
Paranoia
Disorientation (getting or feeling lost)

Head, Face, Neck

Stiff or painful neck
Headache, mild or severe
Twitching of facial or other muscles
Jaw pain or stiffness
Sore throat
Unexplained hair loss
Scalp rash

Digestive and Excretory System

Diarrhea
Constipation
Irritable bladder (trouble starting, stopping)
Frequent urination
Upset stomach, vomiting
Bloating
Gastroesophageal reflux

Respiratory/Circulatory System

Shortness of breath
Chest pain or rib soreness
Night sweats or unexplained chills
Heart palpitations or extra beats
Heart block, heart attack
Valve prolapse, murmurs

Reproduction

Loss of sex drive
Sexual dysfunction
Unexplained menstrual pain, irregularity
Unexplained breast pain, discharge
Testicular or pelvic pain

Ears/Hearing

Decreased hearing in one or both ears
Buzzing or ringing in ears (tinnitus)
Pain in ears
Sound sensitivity

Eyes, Vision

Floaters
Double or blurry vision
Pain in eyes, or swelling around eyes
Light sensitivity
Flashing lights
Tearing and/or dry
Vision loss/Blindness

General Well-being

Extreme fatigue
Symptoms change, come and go
Pain moves to different body parts
Unexplained weight gain or loss
Malaise
Chills
All types of rashes on the body and /or scalp
Swollen glands
Unexplained fevers (high or low grade)
Itching/hives
Continual infections (sinus, kidney, yeast, bladder, etc.)
Increased sensitivity to allergens
Exaggerated response to alcohol or sweets
Nodules under the skin
Early on, experienced a flu-like illness, after which you have not felt well since.