

# Lyme disease – A Personal Perspective (07012017)

By Forrest Fisher

## Where does it come from? Mice, they give it to DEER TICKS

The disease is typically transferred to people from tiny insects called black-legged ticks (alias name: deer ticks).

Deer ticks can carry the Lyme bacterium (*Borrelia burgdorferi*) that they get from mice. Deer ticks get the Lyme bacterium from (white-footed) mice, not deer, though deer carry the ticks. Deer provide transportation for the ticks and the ticks fall off the deer in search of a new host to feed upon.

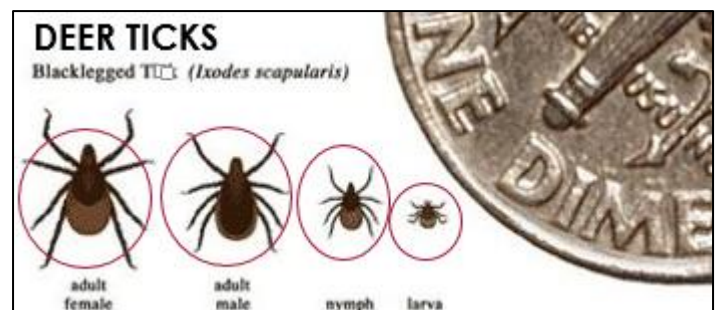
Deer ticks are blind, they cannot see, they sense their new potential host by sensing carbon dioxide emission (people exhaling). Any warm-blooded animal or bird can carry a deer tick, including your dog or cat.

Deer ticks are parasites that need a host to feed on right after they are born (they have about 36 days to find a new host or die as nymphs). Ticks are usually born in April-May-June. Deer ticks have a 2-year life cycle and they need to feed at least twice a year.

Once they feed on a person for as little as 20 minutes, that person has two days or so to be treated by a doctor with a strong anti-biotic (Doxycycline, 200 mg/day for 28 days to be sure). The tick bite is nearly painless, that's one of the problems. People never feel them bite.

One issue (problem) is that most doctors want to run a blood test (western blot test), but before providing any treatment, and need to see the results. Then it is too late if the tick was carrying Lyme. Additionally, doctors often misinterpret the blood test results due to incomplete training about Lyme disease that is often misunderstood in NYS. Above that, the blood test takes 1-2 weeks for data return. By then, the disease is established if the tick was infected with Lyme. As a patient, **KNOW THIS**, if you are bit (you find a tick embedded in you), to kill the bacterium - in the experience of my family so far, you must visit the doctor within 24-36 hours and **INSIST** on getting Doxycycline antibiotic treatment. You must insist because the medical staff will want to wait for the test results and then it is too late. You may then have it for life. It's hard to fully cure. You can only hope for remission.

**Deer ticks are SMALL.** About the size of the head of a straight pin. Their bite is almost painless. If treatment does not occur almost immediately and that tick that bit you was carrying Lyme, the person will eventually be afflicted with Lyme disease the over 200 disguises that the disease mimics.



The deer ticks hang out in many places, but are found most commonly on knee-high grass and on leaves in the woods. When people or kids brush against high grass or lay on leaves in the woods, the ticks transfer to us, climb aboard, burrow in and feed on your blood, then fall off. Most folks are bitten on the nape of their neck, underarms or groin areas. The nymph size ticks are hard to see, but they can infect a human with Lyme disease.

**Lyme disease is an invisible illness.** People with Lyme look no different on the outside than they do on one of their "really good days". No super obvious visible symptoms. No legs wrapped up in casts. No bleeding gashes on their bodies. Symptoms tend to be more internal. Afflicted people often have extreme fatigue/weakness. Joint and muscle pain. Dizziness, nausea, anxiety and brain fog. None of these are easily detected just by looking at a person. For the rest of us, it can be hard to understand how a person can be feeling so horrible when they look "just fine". Often times, they even seem to be acting fine!

**Visually check yourself and kids daily if you are outdoors.** Turkey hunters and deer hunters, hikers, campers, picnickers, you need to be especially aware.

### Early Symptoms:

- Fever, headache, fatigue, aches in the joints and muscles
- 1 of 3 folks bitten get a red/pink-circle bulls-eye rash about 3-5" in diameter

**Chronic Symptoms** from misdiagnosis or lack of proper treatment:

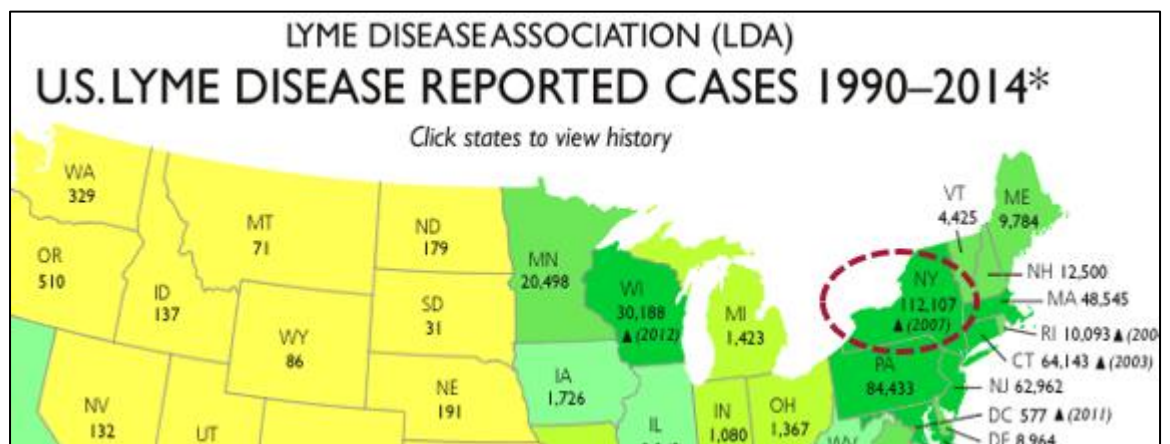
Severe headaches, neck pain, MS, ALS, BAL's Palsy, severe arthritis, heart palpitations, many of these are symptoms of Lyme and are a part of why there is so much misdiagnosis. Many afflicted people have great difficulty walking without pain and thinking straight (mind fog).

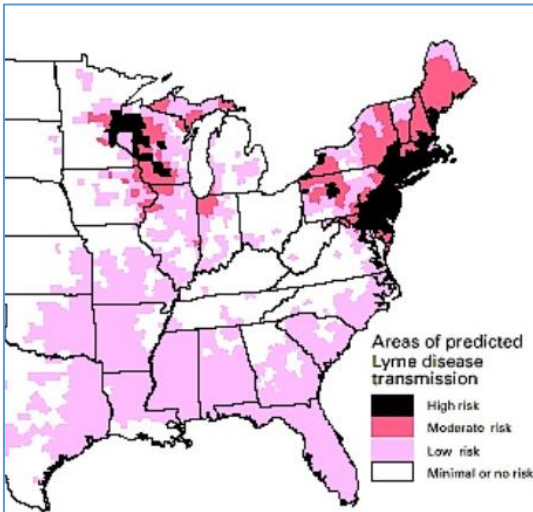
### Lyme

#### Outbreak:

CDC reports that only about 30,000 cases are reported each year in NYS, but also says

that there are really about 300,000 people infected each year and either don't know about it or are misdiagnosed.





**High Risk Areas:** Residents of the northeast are most at risk. WNY (Erie County) is a high risk zone.

**Misdiagnosis, BEWARE:** Misdiagnosis is generally caused by lack of interpreting the blood test. Many medical doctors are not properly trained in Lyme disease.

**Must Interpret the Blood Test properly:** The western blot test is a blood test that is used to check if you have Lyme disease. There are over 70 panels in the blood test, but there are 5 critical panels that are used to identify if you have Lyme

disease. In NYS, if these 5 panels do not ALL come back positive, then the medical folks in NYS often state that you DO NOT have Lyme. That is often not the case. If just 1 panel is positive, there is high likelihood that you may have Lyme. The best place to do have the western blot test run is thru Igenex Labs in California (Igenex.com). The right medical doctor to treat Lyme disease is called a LLMD (Lyme Literate Medical Doctor). Many reside in Pennsylvania. Not many in New York.

**Don't Delay Diagnosis:** Delayed proper diagnosis will affect people mentally and physically, and delay their return to normal function. Lyme disease is not curable.

**Cure or Remission?** Lyme disease can be put into remission with proper treatment, but first you must be recognized to have it (not misdiagnosed) and getting to remission can take a very long time, be very painful and be very costly. It cannot be cured, you can only aim and hope for remission.

**Initial Proper Treatment:** Proper initial treatment includes use of strong antibiotics (200 mg/day Doxycycline for 28 days).

**Long Term Treatment:** Use of antibiotics, probiotics, change in diet (Paleo diet), glucose-free food and many supplemental vitamins and electrolytes (probiotics).

Extended Medications for Lyme are typically NOT COVERED by many NYS Medical Insurance companies. Cost of proper treatment can be high, can be \$250/week/person.

**Long Term Healing Period:** Proper treatment can take many years to return to relative normalcy from chronic Lyme disease, often accompanied by chronic health issues anyway.

**How Exchanged:** Direct bite of a Lyme infected deer tick (as of May 2017, testing results conducted near Syracuse, NY showed 1 of every 2 ticks carry Lyme). Note: For Lyme patients, it is now perceived that Lyme disease is sexually transmittable. Lyme patients that give birth to children will also likely pass the disease to their

offspring, as well, if the mother is not treated with ABX during pregnancy. More studies need to be done about this for full confirmation and understanding. We need a federal program with grants, testing, cure development.

**Sublime Disease:** Unknowingly, some patients that have lived for decades may have had Lyme from the mid-1970's and have had children and grandchildren and none of them may know....and they may all wonder why they do not have normal health. None of them were ever tested for Lyme disease, or if they were, the wrong blood test was run simply due to lack of proper medical training for the medical doctor. Doctors always try to do the right thing within the scope of their medical training and knowledge.

**How do you feel?** If you have a question about your health, run your blood test through Igenex Labs, or other equivalent labs, and confirm or deny the presence of Lyme or any of the multiple other diseases carried by deer ticks. The final diagnosis is a clinical evaluation that includes the blood test, your symptoms, your doctor and you.

**Pets can get Lyme:** Your dog can get Lyme disease. **The #1 way people get Lyme is from a tick carried into the home by a dog.** Your cat can get Lyme disease. Your pets can spread it to you by carrying infected deer ticks into your house.

**Pet Prevention:** Lyme vaccinations are available for your pets. Lyme vaccinations are NOT available for people.



### **Prevention for People:**

Prevention measures include use of **Permethrin Spray** (Sawyer Labs) **on your clothes.** Good for 6 washings.

Use of **Picaridin** (Sawyer Labs) or **Deet** **on your exposed skin.**

- **Eliminate mice near your residence.**
- Wear long pants and long sleeve shirts when hiking. Wear lightly colored clothing to allow you to visually see the deer ticks.

**Rynoskin TOTAL.** A skin-tight clothing style product that is impervious to deer ticks, nose-ums, mosquitoes and most others. Visit: <http://rynoskin.com/> if you hunt, hike or garden a lot.



If you live in Western or Central New York State, you can follow the latest news about Lyme disease on this Facebook site:

<https://www.facebook.com/LymeAwarenessPrevention/?ref=bookmarks>