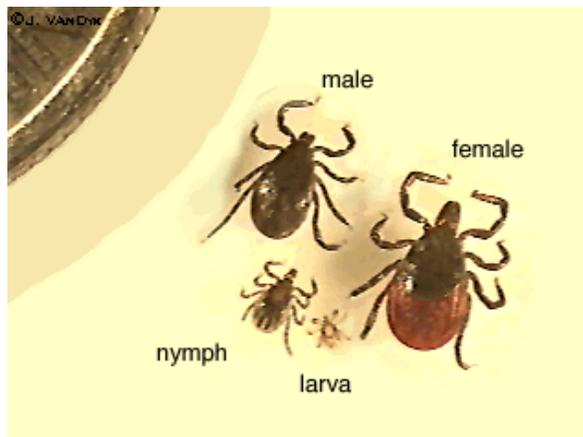


*Frequently asked questions about:*



# Lyme Disease Lyme Disease

- **What is Lyme disease?** Lyme disease is an inflammatory condition caused by the bite of an infected deer tick.



## Deer Ticks

- **What are the symptoms of Lyme disease ?** Lyme disease can cause inflammation (swelling) in many different body parts or systems; but it most commonly affects the joints and nervous system.
- **What does Lyme disease feel like?** Doctors usually consider Lyme disease to have 3 phases: early localized, early disseminated and late disease. Many people never show any early symptoms at all. However, in the early localized phase some people develop a rash at the area of tick bite.



# Lyme Disease

## Lyme Disease

This rash usually develops **within one month** of the infection & it *may* or *may not* be itchy or painful. Sometimes the rash looks like a bulls-eye (see below) with red rings and a white spot in the middle; but sometimes it is just red. Often, rash/bites are found in areas of the body that are warm & moist like the armpit, belt line, back of knees, etc.



Beyond the rash of this ***early localized disease***, many people complain of flu-like symptoms: headache, muscle/joint aches or stiffness, fatigue, and sometimes fever.

***Early disseminated disease*** can occur **days to months** after the tick bite. Many times people do not remember any tick bite & they may never have had any rash or early symptoms. Often, during this phase, people may complain of achy or swollen/red joints.

***Late disease*** symptoms can happen **months or even years** after the tick bite. Symptoms vary from person to person but could involve the heart & nerves: dizziness, numbness, changes in coordination, drooping facial features, memory changes, chronic arthritis, flu symptoms, etc.

# Lyme Disease

## Lyme Disease

**How do doctors diagnose Lyme disease?** Generally, doctors diagnose Lyme disease after reviewing your health history, symptoms, etc & performing a physical exam. Your doctor may order blood tests, but these lab results only confirm the diagnosis. There are 2 different blood tests doctors use; however, both tests can provide false positive or unclear results.

### **What can be done for Lyme disease?**

- Research has shown that Lyme disease can be treated successfully with antibiotics if detected & treated early.
- If you suspect a tick bite or have any symptoms, consult your doctor immediately for the fastest, most effective treatment.

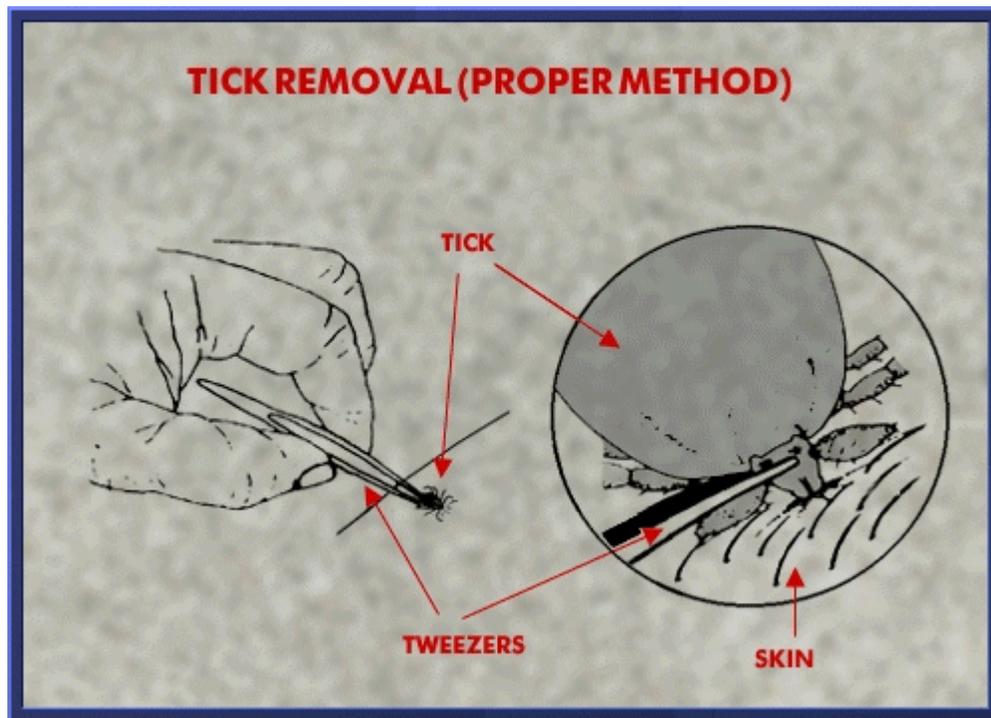


### **Prevention is key!!**

- Wear light colored clothing when outdoors
- Tuck your cuffs into socks
- Inspect your body carefully for ticks
- Use repellants for killing bugs/ticks
- **CAUTION!!!** High risk season: **May through July** but remember there is risk of tick bite ALL year long!

# Lyme Disease Lyme Disease

## How do I remove a tick?



- Wash hands.
- Do not burn or use ANY substance on the tick.
- Do not grasp, squeeze or twist the body of the tick as this may spread infected body fluids.
- Using tweezers, grasp the tick mouthparts as close to the skin as possible.
- Pull tick straight out.
- Use antiseptic on skin.
- Wash hands thoroughly.

*Always talk to your doctor for possible diagnosis, testing and treatment, especially if tick parts remain after removal.*

# Lyme Disease Lyme Disease



## *For more information:*

[www.aldf.com](http://www.aldf.com)

(American Lyme Disease)

[www.cdc.gov](http://www.cdc.gov)

(Centers for Disease Control)



[www.acponline.org/lyme](http://www.acponline.org/lyme)

(physicians Lyme disease site)

[www.state.ma.us/dph](http://www.state.ma.us/dph)

(MA dept of Public Health)

[www.lymediseaseassociation.org](http://www.lymediseaseassociation.org)

(Lyme disease association)

[www.LymeDiseaseAudio.com](http://www.LymeDiseaseAudio.com)

[www.Columbia-Lyme.org](http://www.Columbia-Lyme.org)

[www.ILADS.org](http://www.ILADS.org) (International  
lyme and associated diseases  
society)

[www.labtestonline.org](http://www.labtestonline.org)

[www.lyme.org](http://www.lyme.org)

[www.LymeNet.org](http://www.LymeNet.org)

[www.nlm.nih.gov/medlineplus/lymedisease.com](http://www.nlm.nih.gov/medlineplus/lymedisease.com)

(National institute for health)

[www.tickinfo.com](http://www.tickinfo.com) (tick products)

## **Local support groups:**

**Burlington MA**

Contact: Gloria #781-272-9786 [Grandmaglo45@comcast.net](mailto:Grandmaglo45@comcast.net)

### **Worcester County, MA**

Contact: Dawn #978-597-2726 [dgipa@yahoo.com](mailto:dgipa@yahoo.com)

**Danvers, MA**

Contact: Kay #978-468-6336 [b10g7@comcast.net](mailto:b10g7@comcast.net)