

# LYME DISEASE

Recently I had an unfortunate incident that all of us that spend time out of doors are threatened with. I had been in the woods (no surprise there) at the Girl Scout Camp giving interpretive classes and had noticed a few ticks on me. I removed them as I found them. I always try to check myself over after being in the woods. The following night I noticed a small tick (often called seed tick) attached to the upper part of my belly button. I got it out and washed the area off. I have done this many times in my life and thought that was that.

A week went by and all I noticed was a little itchiness and a red spot where the tick had been. Then that evening I begin to feel a fever. That progressed to a general achiness, along with the fever. Sometime around midnight I woke up and begin to think about Lyme disease. I had training on the symptoms about a decade ago and this triggered thoughts that perhaps this was not a flu. I got on the web and went to two sites to review Lyme disease symptoms. They were The Center for Disease Control at . . . <http://www.cdc.gov/> and The Mayo Clinic at . . . <http://www.mayoclinic.com> . Another good site I have since found out about is the The International Lyme and Associated Diseases Society at . . . <http://www.ilads.org/>

The symptoms described on the web sites are variable but definitely connected with what I was feeling. The Center for Disease Control listed the symptoms as having a characteristic "bull's-eye" rash and nonspecific symptoms such as fever, malaise, fatigue, headache, muscle aches, and joint aches.

The next morning I called my doctor's office and made an appointment. The doctor concurred with my hypothesis and put me on antibiotics. I still had symptoms for a few days including the additional symptoms of fatigue, head ache, neck ache and a joint ache in my shoulder. After that, all I have had is on again of again fatigue, chills and sometimes fever. They should go away in time.

So the key to this story is try to check yourself over for ticks when outdoors. If you are bitten by a tick, make a note of where on your body it was located and when you got the tick. Than know the symptoms and act quickly. This should produce good results. Failure to act can cause many long-term problems.



Stan Rosenthal