

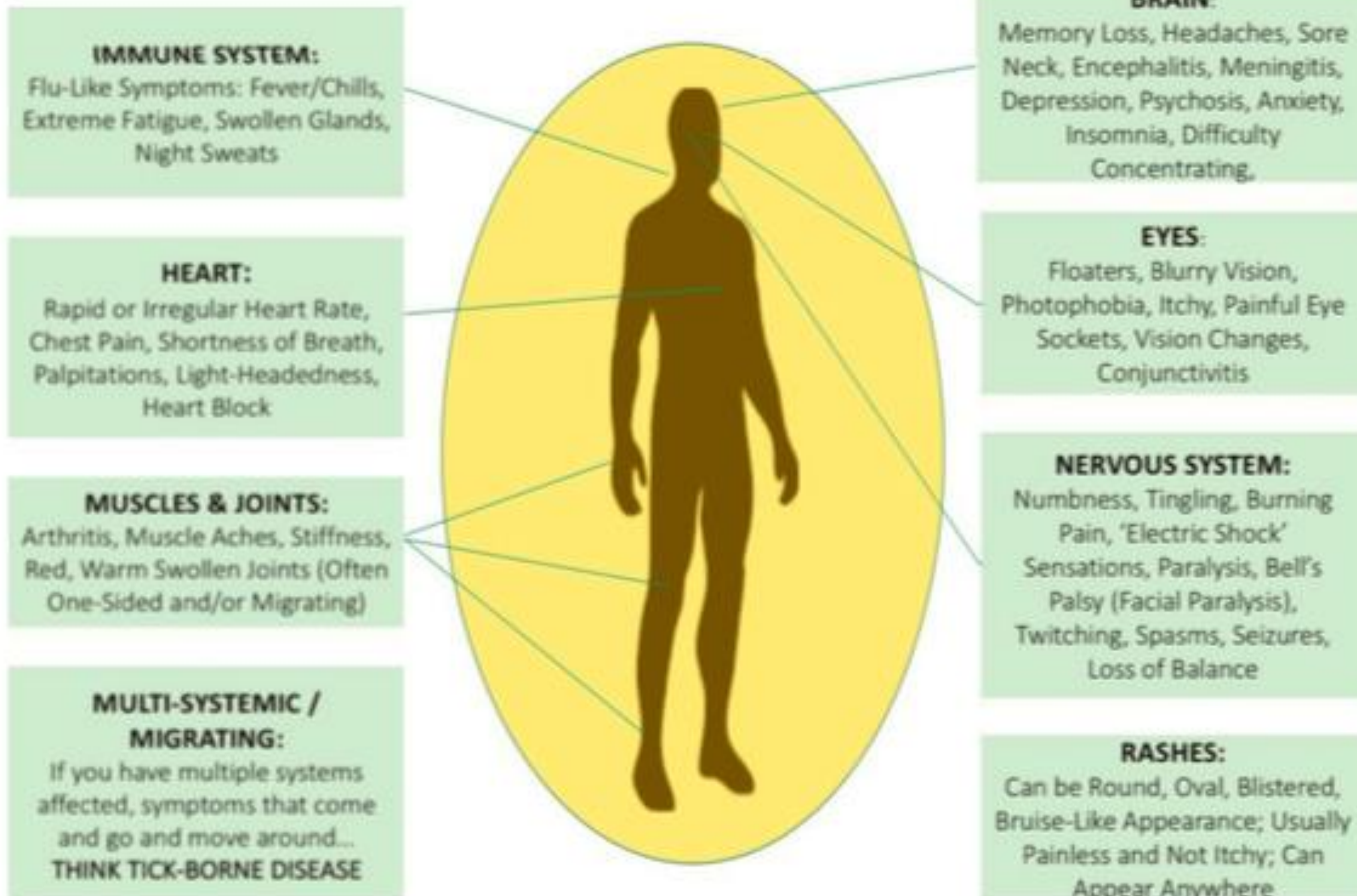
A Lesson in Lyme

Kristy Wood-Giles



2013 Rideau Trail * 300 km * 7 days * 9 ticks

Know the multiple different symptom presentations



Symptoms in children

Common symptoms in children* include:

- Fatigue
- Joint Pain (migratory pain is a "hallmark")
- Muscle Pain and Weakness
- Headaches (Migraines / Other)
- Fevers & Night Sweats
- Sleep Disturbances
- Gastrointestinal Pain
- Urinary Problems / Bladder Control
- Irritability / Impulsivity
- Mood Swings, Emotional Liability
- Obsessive Compulsive Behaviors
- Bursts of Aggression / Rage
- Brain Fog / Difficulty Processing
- Light, Touch, and/or Sound Sensitivity

Note: Lyme disease can be passed from pregnant women to unborn child: www.lymehope.ca

*Source: <http://www.childrenslymenetwork.org/children-lyme/lyme-disease-symptom>

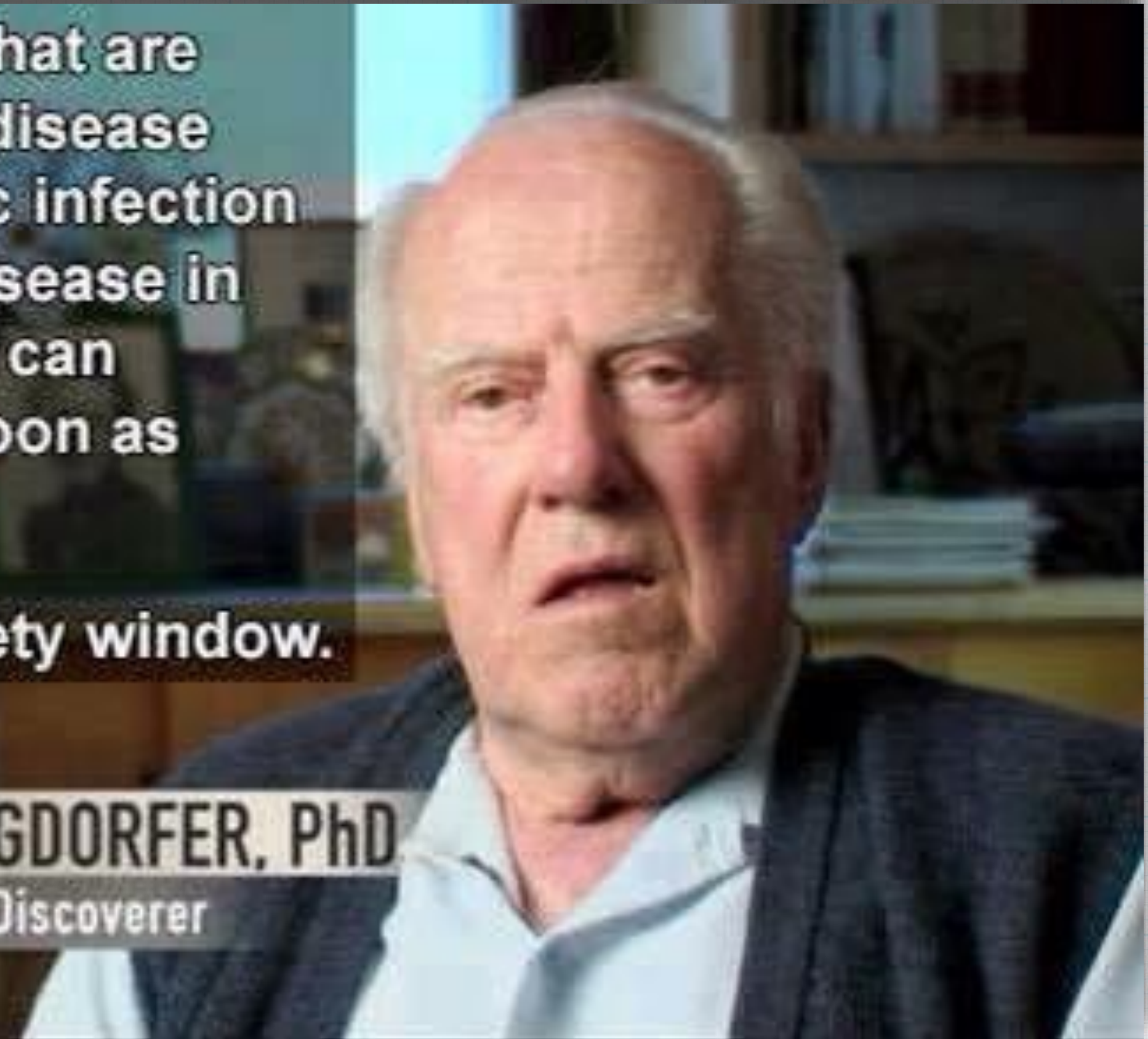
Lyme Science

- Acute vs. Chronic Lyme
- False Negative and Chronic and Testing - Minister of Health Letter
- Ability to Morph, cystic, persistence (past 28 days)
- 24 Hour attachment time: Saliva & Stress
- Dormancy, remission, relapse

5-10% of ticks that are carrying Lyme disease have a systemic infection and have the disease in their saliva and can transmit it as soon as they bite.

There is no safety window.

WILLY BURGDORFER, PhD
Lyme Bacteria Discoverer



Tick bite prevention tips



Tuck pants into socks;
wear light clothes to show ticks



Tie hair back;
wear a hat



Wear repellent: Consumer Reports
recommends DEET, Oil of Lemon
Eucalyptus (OLE) or Picaridin / Icaridin



Consider wearing
Permethrin - treated
shoes & clothes
(an insecticide)



Ticks can come into the home and attach to a person later
so examine gear and pets carefully & regularly

Use duct tape or a lint roller
(great for pets and for removing
tiny larval (seed) or nymph ticks)



Put outdoor clothes in dryer on
on high heat for 10 minutes to kill ticks



Shower within 2 hours after
coming indoors to remove ticks



Do regular tick checks
(especially groin, belly button, back of
knees, waist, hairline, behind ears, armpits)



Source: https://www.cdc.gov/ticks/avoid/on_people.html

Prevention, beyond the norm...

30% Deet or 20% Picardin (icardin)
Avon Skin So Soft (10%)

% - time applied not effectiveness

Great tool by the EPA:

<https://www.epa.gov/insect-repellents/find-insect-repellent-right-you>

Permethrin (synthetic form of Pyrethrine)
Health Canada, Canadian Military & Canadian Paediatric Society

Clothing Treatment - Insect Shield. www.insectshield.com
Shipping to and from Canada
70 washes - past lifetime of most garments
EPA and USDA studied & approved

Flea & Tick treatment (dogs), Lice Shampoos (kids), Horse spray
(not for cats), Airplane pesticide, Lawn Spray (mosquitos)



Natural Alternatives

- * Cedarwood
- * Garlic
- * Essential Oils -
simplynaked.ca (Disclaimer:
Tea Tree Oil/Deet)

TICK REPELLENT RECIPE

20 Drops Lemongrass Essential Oil

20 Drops Eucalyptus Essential Oil

4 oz. of Water

Add all ingredients in a spray bottle...

Shake Well!

Spray on shoes, socks, and pant cuffs





Proper tick removal technique

1. Use fine-tipped tweezers to grasp tick as close to skin's surface as possible.
2. Pull upward with steady, even pressure; don't twist or jerk the tick.
3. After removing tick, clean skin & wash hands, place tick in sealed container.
4. Consider sending tick for private testing for Lyme disease and Co-Infections.
Tick testing information here: <https://www.lymehope.ca/safe-tick-removal.html>



5. Don't use matches, kerosene, essential oils or any other substance – stress may cause a tick to regurgitate its stomach contents in to you!

Source: https://www.cdc.gov/ticks/removing_a_tick.html

IDSA vs ILADS Guidelines

The most recent North American treatment guidelines* (2014) recommend:

Single
"Prophylactic Dose"

- Clinicians should not use a single 200 mg dose of doxycycline for Lyme prophylaxis (s.1a).

Tick Bite: No Rash;
Infection Not Known

- Prompt antibiotic prophylaxis for known Ixodes tick bites with evidence of feeding, regardless of degree of engorgement, doxycycline 100–200 mg, twice daily (200–400mg total / day) for 20 days (s.1b).

Erythema Migrans
("EM") Rash?

*(Note: many never see
a rash; but if you have
an EM rash - you are
infected)*

- Initial dose 4-6 wks: amoxicillin (1,500-2,000mg/day in 2 doses), cefuroxime (500mg 2x per day) or doxycycline (100mg 2x/day) as first-line agents for treatment EM rash. Azithromycin also acceptable (250-500mg/day). Pediatric doses: amoxicillin (50mg /kg/day in 3 doses, max 1,500mg/day), cefuroxime (20-30mg/kg/day in 2 doses, max 1,000mg) or azithromycin (10mg/kg on day 1 then 5-10mg/kg/day, max 500mg). Children 8 + may also use doxycycline (4mg/kg/day in 2 doses, max 200mg). Higher doses may be appropriate in adolescents (s.2b).

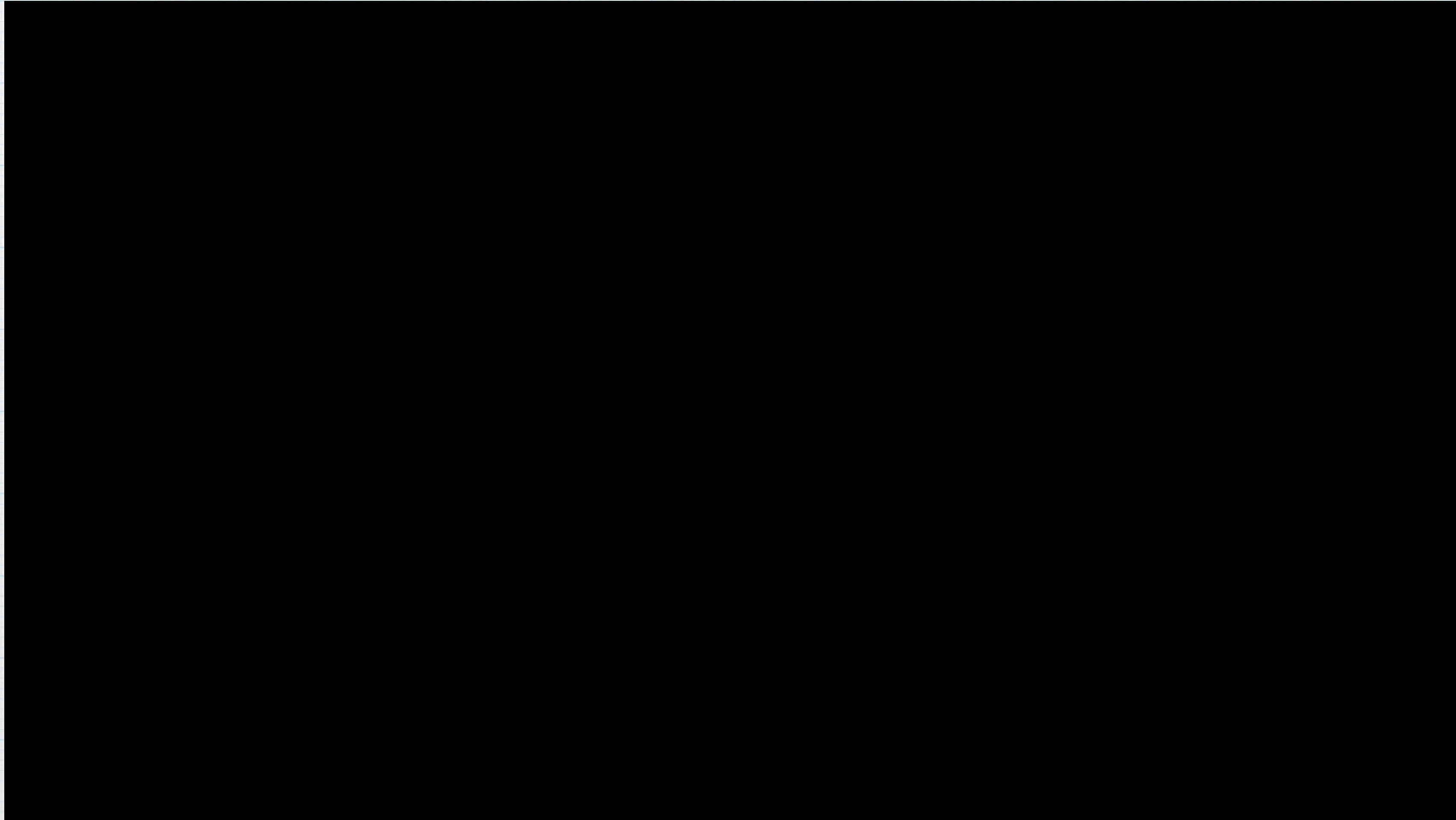
Ongoing Symptoms
After Initial Course

- Clinicians should continue antibiotics for patients who have not fully recovered by the completion of active therapy (s.2d).

NEW: 2014 ILADS Guidelines now listed on Govt of Canada website (scroll to the end of the page to find link to ILADS guidelines):

<https://www.canada.ca/en/public-health/services/diseases/lyme-disease/health-professionals-lyme-disease.html>

Will 2 Pills Prevent Lyme?



Co-infections

It's not just Lyme disease... consider Co-infections

Various N. American ticks may carry the pathogens causing these diseases:

Bartonella	Ehrlichia	Alpha-Gal (Meat Allergy)
Babesia	Tularemia	STARI
Tick Borne Relapsing Fever	Tick Paralysis	Q Fever
Rocky Mountain Spotted Fever	Coxsackie Virus	Anaplasma
Heartland Virus	Powassan Virus	Murine Typhus
Colorado Tick Fever Virus	<i>Borrelia Burgdorferi, Mayonii & Miyamotoi</i>	

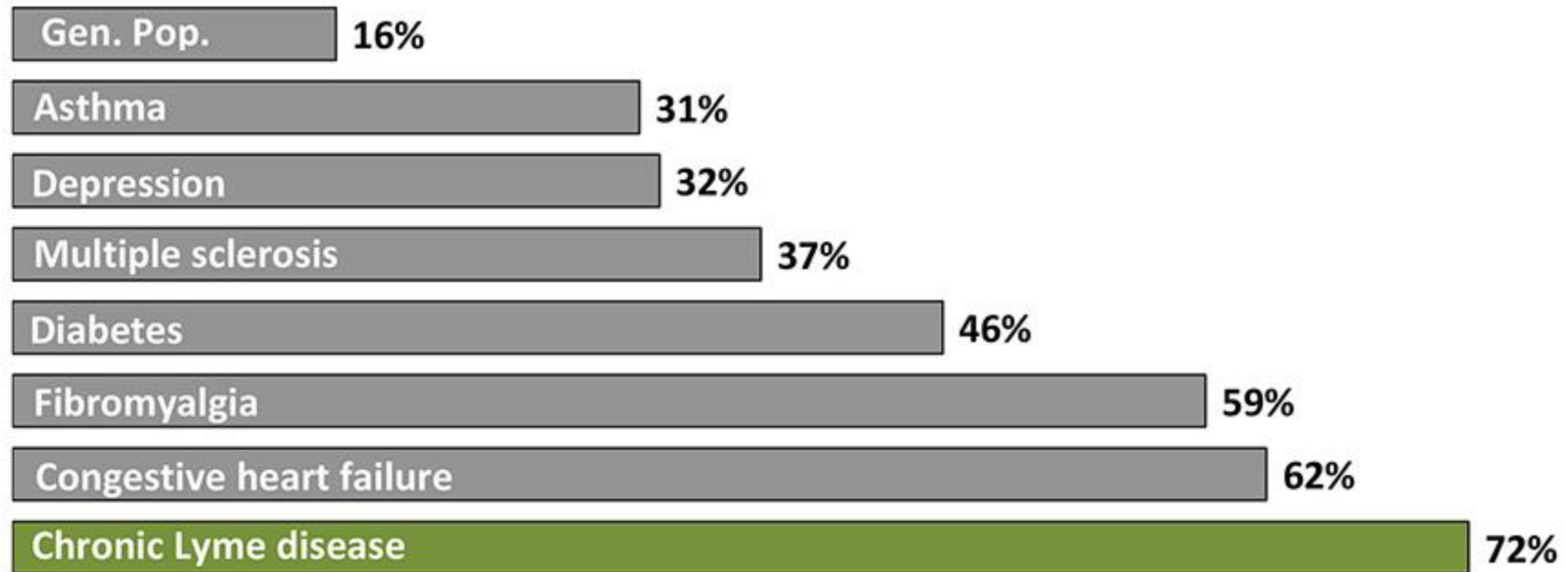
Ticks can carry multiple other viral, bacterial, fungal and parasitic infections called Co-Infections.

https://stacks.cdc.gov/view/cdc/46358/cdc_46358_DS1.pdf

https://www.cdc.gov/ticks/geographic_distribution.html

Chronic Lyme Quality of Life

Chronic Lyme patients suffer worse quality of life compared to most other chronic diseases. 72% report their health status as fair or poor.



What's Up with Chronic Lyme

- * New Study - Just released 90% of Lyme patients are being missed in Canada
- * WHO (World Health Organization)
Dementia from Lyme, Maternal Transmission
- * Federal Framework on Lyme disease
- * Provincial Task Force on Lyme disease
- * Public Health Agency of Canada - Lyme disease treatment information (link at the bottom)
- * Class Action Suit on IDSA across 13 states - yet closely followed in Canada
- * 16 point MSDIS - For patient & health care providers _ how can I get better Dr. Richard Horowitz
- * G. Magnotta Foundation - University of Guelph Lab
- * Tick & Lyme Disease research - Mount Allison University

"Lyme Disease sufferers are an identifiable group who are being systematically wronged by a system not responsive to their plight.

We are in the midst of a tragedy of our own making...Wrongdoing is not always deliberate...

I would recognize the hardship of Lyme disease sufferers in Canada exists today as the result of systemic institutionalized wrongdoing...

As a private citizen, I would suggest to this committee that a formal inquiry would be the appropriate remedy." (Dr. Hawkins 2017)

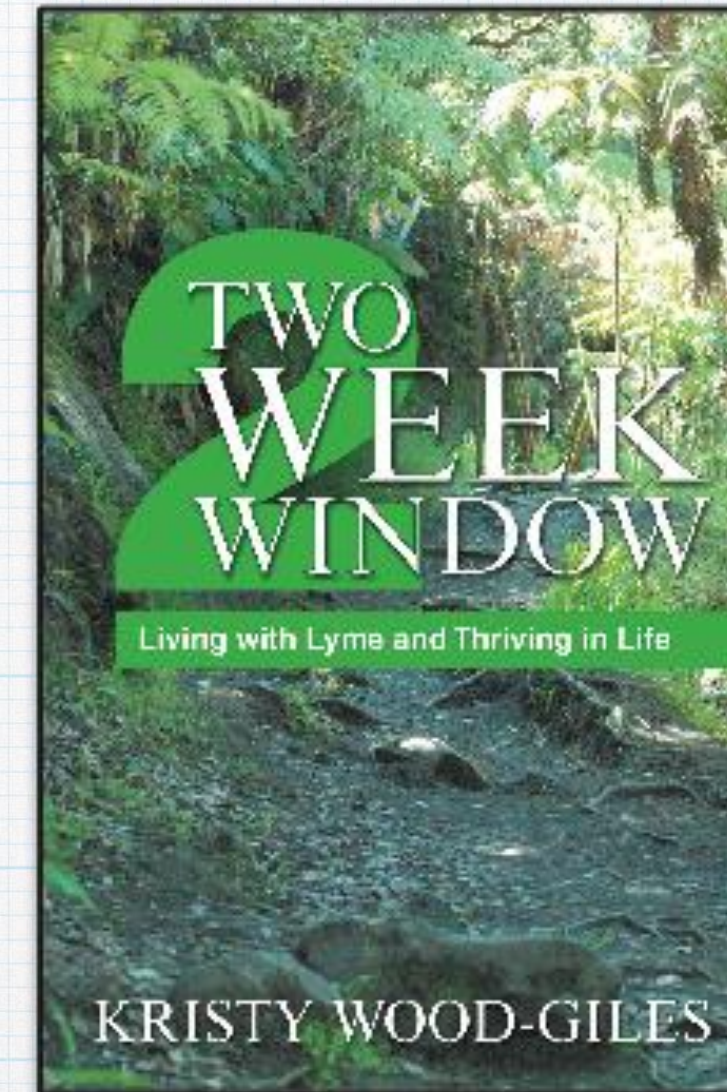
Resources

- FaceBook: Two Week Window
- Ontario Prevention Info
- LymeHope Handouts
lymehope.ca
- Geneticks.ca (lyme & co-infection testing)
- <https://www.lloydticklab.ca/submit-your-ticks.html>

Two Week Window

Living with Lyme and Thriving in Life

Biography & Autobiography / Health & Fitness



Kristy Wood-Giles recounts experiencing the misdiagnosis and misunderstanding of Lyme disease to eventually finding help and treatment and learning to live a fulfilling life despite dealing with a chronic illness.

Two Week Window

Living with Lyme and Thriving in Life

Author: Kristy Wood-Giles

Format: 6x9 Paperback

Pages: 242

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Contact: channelsales@authorsolutions.com,
1-877-407-4847 or Fax to 812-355-4557
for order information.

As an avid outdoorswoman with a passion for health and fitness, Kristy Wood-Giles never imagined that she would lose everything she knew and loved on a hike that was meant to bring her peace. During this adventure, one tick changed her life forever. Kristy's mobility became impaired and she experienced a significant loss of cognitive function. This, along with other ailments, led her to seek treatment outside of the country. It was there that she learned about Lyme disease and discovered that she had developed other significant health issues as a result of being misdiagnosed.

Kristy came to the conclusion that she could either choose to be a victim or rise to the challenge. In an effort to heal on all fronts, she sought treatment, help, and support from multiple sources. Healing and enlightenment came to her in surprising ways. She learned a truth about herself that turned her life upside down. Finding this truth helped her take control of her future and see every aspect of her life in a different light. Kristy discovered that when you're stripped of what seems most important in life, you have the ability to see things more clearly than ever before.

SELLING POINTS

- Returnability

MARKETING & PUBLICITY

- Book Banner
- BookStubs
- Barnes & Noble "Read Instantly"
- Amazon "Look Inside"
- Google Book Preview

ABOUT THE AUTHOR

Kristy Wood-Giles lived her life for activity in the outdoors. As a park manager for decades she also became a certified health and fitness trainer, doing programs in nature and the outdoors. A downward spiral of physical and mental health was her worst fears realized as she started to lose all her abilities and passions. Wood-Giles went from running a half ironman to barely being able to walk and function at work. She learned that she had been infected with Lyme and other co-infections that doctors in Canada had missed for three years. Surviving treatment and so much loss helped her find a new passion for life. Wood-Giles currently lives in Ontario, Canada.

Thank-You!

Questions?