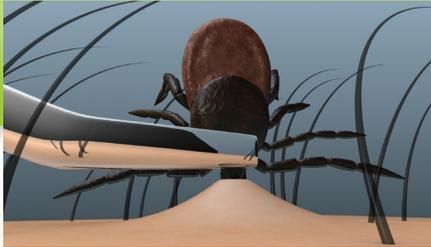


Lyme Disease And Pets

- Lyme disease has been diagnosed in dogs, cats, horses, goats, and cattle. Many other species can also become infected.
- Check your pet frequently for ticks. Brush your dog or cat after being outside. Remove any ticks with tweezers.
- Ask your veterinarian about tick prevention products.
- Symptoms of Lyme disease in pets are similar to those in humans. See a vet if your pet has constant tiredness, lameness in a limb, loss of appetite, fever and/or pain.
- Have your pet tested for tick-borne diseases.



What To Do If You Are Bitten By A Tick

- Do not use nail polish, petroleum jelly, alcohol, or heat.
- Use fine-point tweezers to grasp the tick at the place of attachment, as close to the skin as possible. Do not twist, jerk, or squeeze the body of the tick.
- Gently pull the tick straight out. Wash your hands. Disinfect the bite site.
- Place the tick in a zip lock bag and have it tested by a lab. Do not place the tick in alcohol or preservative.
- See a physician.

Prevent Tick-Borne Disease

- Conduct frequent and thorough tick checks.
- Wear light-colored clothing so that ticks are easier to see and remove.
- Avoid tick-infested areas such as tall grass and dense vegetation. Consider using tick repellent.
- Keep grass cut and underbrush thinner in yards.
- Eliminate bird feeders and living places of small rodents.
- Walk in the center of mowed trails to avoid brushing against vegetation.
- Follow directions carefully when using chemicals for tick control, or hire a professional exterminator.
- Use deer resistant plantings and fencing.

www.natcaplyme.org

What You Need To Know

Please visit our website for more information on ticks and tick-borne diseases

How Can I Help?

- You may make a tax deductible donation
 - Volunteer your services

Ways to Donate

- Send a check or money order
 - PayPal
 - Combined Federal Campaign No. 61506
 - Sponsor a Fundraiser



**National Capital
Lyme Disease Association**
P.O. Box 8211
McLean, VA 22106-8211
(703) 821-8833
natcaplyme@natcaplyme.org

© 2012 National Capital Lyme Disease Association



www.natcaplyme.org

What Is Lyme Disease



Lyme Disease, a multisystemic illness, is the most common vector-borne disease in the United States. The disease is caused by the bite of a black-legged tick infected with the spirochete bacterium *Borrelia burgdorferi* and may be complicated by co-infections, such as Babesiosis, Ehrlichiosis, Bartonella, Tularemia, and Rocky Mountain Spotted Fever. Co-infections may require different treatment and may be the cause of continued symptoms after being treated for Lyme.

What Are The Symptoms Of Lyme Disease

Lyme Disease occurs in stages, with remissions, exacerbations, and different clinical manifestations at each stage. Any organ system can be involved, but the bacteria commonly attacks skin, joint, heart, and nerve tissue, including the brain. **Early** in the disease process patients may present with flu-like symptoms including headache, stiff neck, fever, muscle aches, fatigue, and partial facial paralysis (Bell's palsy). A skin rash called erythema migrans may develop at the site of the bite, but not all people will develop the rash. Antibiotic treatment can be effective if started early in the disease process. Delayed or inadequate treatment can lead to more serious symptoms, which may be disabling and difficult to treat. **Late symptoms may include:** "Lyme Arthritis" with joint pain and swelling, heart complications, motor and peripheral neuropathies, dizziness, irritability, ADHD-like symptoms, memory and concentration impairment, and migratory muscle, tendon, and bone pain. Lyme disease is often called "the great imitator" because its symptoms imitate other diseases such as chronic fatigue, fibromyalgia, lupus, multiple sclerosis, Parkinson's, Lou Gehrig's (ALS), Alzheimer's, and autism.

LYME DISEASE What You Need To Know

Checklist

FIRST WARNING SIGNS

- Tick bite
- Rash – basically circular, sometimes spreading, or "bull's-eye" – may appear away from the bite site; rash does not occur in all cases.

Frequently Reported Symptoms

MUSCULOSKELETAL

- Pain and/or swelling of knees and other joints
- Stiffness of joints, back, neck
- Muscle pain, twitching, cramps, weakness
- Heel pain/plantar fasciitis
- Tendinitis
- Restless legs

NEUROLOGICAL

- Headache, persistent and severe
- Numbness and tingling
- Light-headedness or dizziness
- Poor balance, difficulty walking
- Burning and stabbing pains
- Paralysis/Bell's palsy (facial paralysis)
- Memory loss (short or long-term)
- Confusion (difficulty with thinking)
- Speech difficulty (slurred or slow, word finding)

- Seizures/stroke symptoms
- Cranial nerve dysfunction

VISION/EYES

- Blurry or double vision, sight change
- Light sensitivity

PSYCHOLOGICAL

- Mood swings, irritability
- Unusual depression
- Panic/anxiety attacks
- Aggression/rage
- Insomnia or sleeping too much
- Obsessive-compulsive behavior
- Suicidal thoughts
- Paranoia
- New onset ADHD

HEARING

- Tinnitus (ringing)
- Sound sensitivity

REPRODUCTION

- Loss of sex drive

RESPIRATORY/CIRCULATORY

- Recurring bronchial infections
- Shortness of breath
- Chest pain/rib soreness

- Night sweats or chills
- Heart palpitations, murmurs, valve prolapse, pericarditis, heart block, heart attack

GENERAL WELL-BEING

- Extreme fatigue
- Sore throat
- Weight gain/loss
- Jaw pain
- Swollen/painful lymph glands
- Chemical sensitivity/increased allergic reactions
- Skin changes/nodules under the skin, dryness
- Flu-like symptoms and recurrent fevers



Black-Legged (Deer) Tick



Two closely related tick species in the United States – *Ixodes scapularis* and *Ixodes pacificus* – have been identified as harboring and transmitting Lyme disease. *Ixodes scapularis*, the black-legged tick, is found in the eastern and midwest regions of the United States and *Ixodes pacificus*, the western black-legged tick, is found on the West Coast. The life cycle of these ticks is approximately two years, going through the stages of egg, larva, nymph, and adult. Tick eggs are laid in the spring and hatch as larvae in the summer. Larvae become infected with the Lyme disease bacteria when they feed on a host carrying it – most often the common field mouse. Once a tick becomes infected, it stays infected for the rest of its life and can transmit the bacteria to other hosts. Nymph and adult black-legged ticks feed on humans. The pinhead-sized nymphs are the most dangerous, because they are difficult to see before they transmit infection. Unsuspecting humans and animals may be bitten by a tick and never know it.