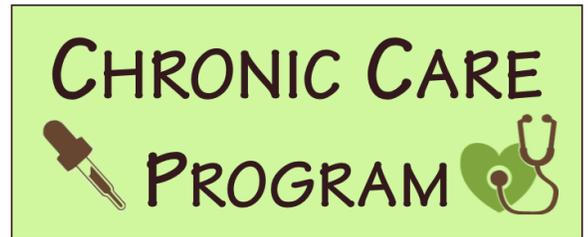


LYME DISEASE

at a glance



What is lyme disease?

Lyme disease is caused by a bacterium and is transmitted to humans through the bite of infected black-legged ticks. Lyme disease can be treated successfully with a few weeks of antibiotics, but if left untreated, infection can spread to joints, the heart, and the nervous system.

Complications and Symptoms

Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection. Three to thirty days after a tick bite, you may experience early signs and symptoms, which include:

- bulls eye rash at the site of the tick bite. This rash expands gradually over a period of days, and may be warm to the touch but is rarely itchy or painful. It can occur on any area of the body.
- fevers, chills, and fatigue
- muscle and joint aches, joint pain and swelling

Later signs and symptoms that occur days to months after a tick bite include:

- severe headaches and neck stiffness
- additional bulls eye rashes on other areas of the body
- arthritis with severe joint pain and swelling, especially the knees and other large joints
- facial palsy, which is the loss of muscle tone or a droop on one or both sides of the face
- intermittent pain in tendons
- irregular heart beat, episodes of dizziness or shortness of breath
- nerve pain or shooting pains, numbness, or tingling in the hands or feet

Risk Factors

You are at higher risk for Lyme disease if you live in an area known for Lyme disease or have recently traveled to an area where Lyme disease occurs. This disease is concentrated in the northeast and upper Midwest.

Prevention and Management

Prevention strategies include avoiding wooded areas with high grass, using insect repellants, walking in the center of trails, bathing as soon as possible after coming from a wooded area, and examining pets and gear that have been in the outdoors. Additionally, you should conduct a full-body tick check using a mirror.

Lyme disease can usually be treated fully if antibiotics are taken early on in the disease.

The information on this side of the handout comes from the Centers for Disease Control and Prevention.

Visit www.cdc.gov/lyme to learn more about lyme.



A bulls eye rash, like the one pictured above, occurs in approximately 70 to 80 percent of infected people.



ITHACA HEALTH ALLIANCE



ITHACA FREE CLINIC

ITHACA FREE CLINIC

how we can help

Chronic Care Program

Joining the Chronic Care Program gives you access to all of the services offered at the Ithaca Free Clinic. Patients are seen by appointment, instead of waiting at the walk-in clinic. Services include:

- acupuncture
- chiropractic
- massage therapy
- occupational therapy
- counseling
- herbal medicine
- dietitian
- energy work
- reiki
- health insurance enrollment

Here are some examples of how these services can help patients with Lyme disease.

Acupuncture

Acupuncture is a form of alternative medicine where thin needles are inserted into the body. Although it is often known for treating pain, acupuncture can treat or alleviate various conditions.

Acupuncture can help treat Lyme disease. In treatment, the acupuncture points are warmed with a herbal concoction and targets specific, single points.

Herbal Medicine

Herbal medicine uses plants for their therapeutic properties. Herbal medicines can be taken in various forms, including as teas or tinctures.

Herbalists assess symptoms; take a history including medications and other relevant information; evaluate overall health to look for other conditions that may need assessment or treatment; other symptoms are discussed that may or may not be related to Lyme Disease like difficulty concentrating; herbal medicines are not known to directly kill primary or co-infections but may reduce symptoms and increase quality of life; herbalists also look at lab tests and discuss complications of Lyme Disease. Herbalists then prepare herbal medicines:

1. For pain
2. To ease anxiety and/or depression
3. To reduce infections
4. To help mental functioning, ie. concentration or memory impairment

Occupational Therapy

Occupational therapists help patients develop daily living and work skills. For example, they can help patients follow a more active lifestyle and participate in more meaningful daily activities at home, work, school, and in the community. Occupational therapists can help increase health promoting activity and develop new habits to improve endurance, manage time and energy, and carry out everyday tasks.

Nutrition

Dieticians are food and nutrition experts who provide individual counseling and educate patients about nutrition. Dieticians can help individuals form eating habits that facilitate the achievement of their health goals.

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CHRONIC CARE PROGRAM



The Ithaca Free Clinic offers the Chronic Care Program, an integrative project that:

- helps patients with chronic diseases and conditions live with potential long-term health consequences
- makes each patient a part of a “care team” with multiple providers and health care professionals to help set and maintain the patient’s health care plan
- helps patients set goals and also provides support to reach those goals
- works with each patient to become and stay healthy!

To join the Chronic Care Program,

call (607) 330-1254

or email ChronicCare@IthacaHealth.org.

Learn more about the Ithaca Free Clinic at:

IthacaHealth.org

We are located at 521 West Seneca Street,
Ithaca, New York.



The Ithaca Free Clinic offers herbal medicine consultations from clinical herbalists.