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IRON MOUNTAIN, MI

Special Bulletin for: Safety Directors and Managers of Outdoor Workers.

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Purpose: To bring awareness of **The Hidden Cost of Lyme Disease.**

Overview: What is Lyme disease, Where does it come from, What are the hidden costs, How can it be prevented.

What is Lyme Disease?

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is generally transmitted to humans through the bite of infected blacklegged ticks (deer ticks). Typical symptoms can include: headache, brain fog, chills, fatigue, flu like symptoms, neck stiffness, achey joints, bulls eye rash and other odd rashes, facial palsy, heart palpitations, dizziness, vision changes, sensitivity to light, and many more. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks. Laboratory testing is helpful if used correctly and performed with validated methods. Most cases of Lyme disease (estimated 3-400K new cases per year in the USA) can be treated successfully with a few weeks of antibiotics. Ticks can also transmit other tick borne diseases as well. Info provided by the CDC.

Early detection and early treatment can not be overstated!!! As mentioned above, if Lyme disease is diagnosed soon enough (within a few weeks of a bite) the typical antibiotic treatment by an MD will generally be sufficient. So often when Lyme disease is not discovered soon enough months down the road it will become a chronic case. Most doctors today will treat patients early on with antibiotics based on their "Lyme type" symptoms just to be safe. The reason is because Lyme generally takes months in the body before it has a chance to show up positive in a test. By that time it is too late and testing is not always conclusive. If Lyme is left unchecked for many months most people will need much more than antibiotics and that is when their journey will begin. lymedisease.org is a good place to look for Lyme MD's and extra help.

Where does Lyme Disease come From?

Ticks are not born with Lyme or any other tick borne disease. They get it by feeding on an infected animal, often a mouse or other small rodents, then it can be passed on to their next host. Some experts say it takes 24 hours or more for a tick to transmit Lyme or other diseases while others say it could sometimes be as low as 6 hours. Either way it is highly recommended to use good repellants and to do thorough tick checks every day during tick season just to be safe.

What are the hidden costs of Lyme?

The typical person who is affected by Lyme lives a very normal life enjoying sports, hiking, and numerous other outdoor activities. Then almost over night they become exhausted, can barely make it through a work day, and can't wait to get home to rest. At this point they think it is just a temporary bug but then they may get headaches, brain fog, achey joints, and flu like symptoms. If they didn't remember getting bit by a tick the search for answers will now begin. During the next several years they will go to possibly 10 different doctors until one finally gets an "accurate" positive test result and the proper diagnosis is made. Lyme disease is normally very hard to diagnose because it mimics so many other diseases and it is nicknamed "the great imitator." By this time the person could have spent out of pocket any where from \$500 to \$1,000 to \$10,000 and some go way past \$100,000. The unfortunate reality is a lot of insurance companies do not recognize the disease and therefore will not pay for it.

The hidden costs are things like "Lost Dreams" because the person was so weak they could not study for that college degree, their job promotion, or their new career opportunity. In their condition they miss out on travel adventures, vacations, and other family events. Even walking the dog is a chore, playing with kids, and being independent can become very difficult for some. For others they can miss so much work that they may lose their jobs, financial security, credit scores suffer, and sometimes even marriages can fail. So depression and other mental challenges can be real issues the person may face. (Info by Partner in Lyme)

The above mentioned hidden costs are mostly related to adults. For people 18 and under the effects can be even more devastating. Missing so much school could lead to failing their grade, losing friends, and missing out on school functions and other opportunities. All this can bring on depression for them too. See following page for stats on misdiagnosis.

How can it be prevented?

The best way to avoid Lyme is to keep ticks off and the best way to keep them off is to use Deet on skin and Permethrin on clothes (and gear). Nothing is better than using those two repellants together. For further information on the finest repellants on the market see contact info below.

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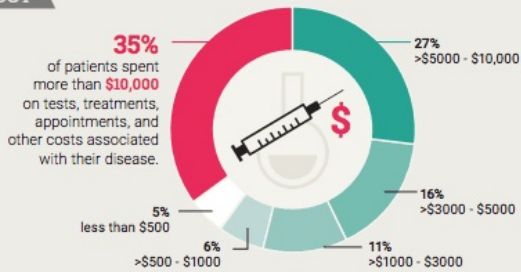
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THE HIGH COST OF TICK-BORNE DISEASE MISDIAGNOSIS

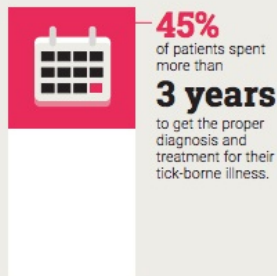


Patients who suffer from Lyme disease, Tick-Borne Relapsing Fever, Babesiosis, Bartonellosis, and other tick-borne illnesses risk serious financial consequences if not diagnosed early and accurately. To get the clearest picture of the disease early on, doctors and patients should work with the most reputable labs that utilize the latest technologies.

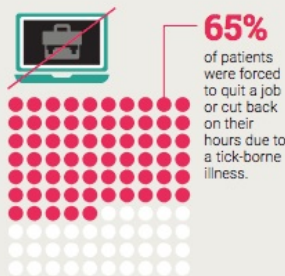
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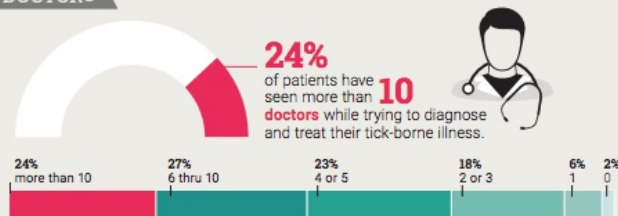
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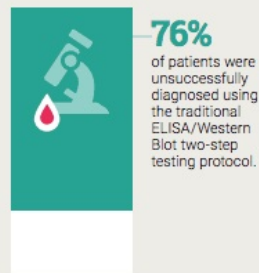
JOB LOSS



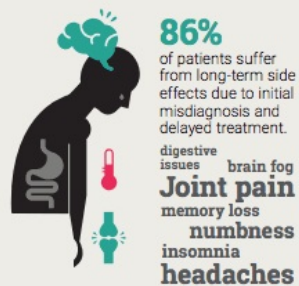
DOCTORS



OLD TECHNOLOGY



SIDE EFFECTS



Source: Study of 198 IGeneX patients from 2018 and 2019.

Visit www.igenex.com to learn more on how to get tested. 1-800-832-3200

