One Small bite can transmit a lifelong disease and it affects more people than you think

Lyme Disease has infected more people than the amount of women who have been diagnosed with breast cancer in the United States by one and half times. This number is estimated to be three hundred thousand or more people who are infected with Lyme Disease and includes children, who most commonly are affected.

The following resource is to help educate patients on what Lyme Disease is, signs and symptoms and complications related to the disease.

01 | What is Lyme Disease
Lyme Disease is the most common tick-borne transmitted bacterial infection in the U.S. The bacterium, *borrelia burgdorferi*, is transmitted via a deer tick bite to the skin. Deer ticks, an arachnid, are about the size of a head of a pin. As the deer tick remains attached to the skin, generally thirty six hours, the bacteria can travel into the bloodstream and can affect most organs in the body including muscles, joints and the nervous system.

02 | Signs and Symptoms
Displaying signs or symptoms of Lyme Disease can vary case-by-case. Generally, the presence of a small elevated bump that could be coupled with a circular or oval shaped rash around the bitten area will appear; however not all who are bitten may develop a rash. According to the Center of Disease Control and Prevention (CDC), an estimated thirty to eighty of reported cases displayed signs of a rash. Additional Lyme Disease symptoms include:

- Neck Stiffness
- Arthritis or joint pain
- Muscle Pain
- Dizziness
- Shortness of Breathe
- Flu Like Symptoms
- Erythema Migraines

03 | Complications
Lyme disease can be hard to diagnose because its symptoms are similar to those of many other illnesses. Diagnosis is key, because if left untreated severe complications such as Chronic Lyme Disease (CLD) or Post-Treatment Lyme Disease (PTLD) may develop. The long-term severe symptoms may include:

- Severe Fatigue
- Depression
- Neuropathy
- Heart Related issues
- Sleep Impairment
- Cognitive Impairment

It is important that if you were bitten by a tick, to contact your medical provider as soon as possible.

For additional resources and information on Lyme Disease visit:
http://www.cdc.gov/lyme/

Did You Know? Lyme Disease is the most commonly tick-borne illness in the U.S.

References
http://www.mayoclinic.org/diseases-conditions/lyme-disease/basics/definition/con-20019701

https://www.lymedisease.org/lyme-basics/lyme-disease/about-lyme/

http://kidshealth.org/kid/ill_injure/bugs/tick.html