

Hello everyone,

July 13, 2020

I hope this email finds each of you doing well! I know it has been some time since my last email update; instead of apologizing I will say that things have been just as hectic for me as it has been for each of you, and that I appreciate your understanding of this. Please know that I think of each of you all a lot more frequently than you realize and hope that you are all doing well. As always, I ask that you reach out to either myself or another group member if you are struggling; we will do our best to be there.

Hopefully we are all remembering to remain vigilant about avoiding ticks and other biting, blood-sucking insects this summer. As most of us are aware, this year has been bad for ticks – the result of several recent warmer winters allowing uninterrupted breeding and life cycles for the ticks, combined with more blood-meals available year around. This simply means that there are more ticks around than there were 10 or even 5 years ago, and that those ticks are continuing to multiply and look for blood-meals – us, or our loved ones and pets.

Please continue to take daily precautions to protect yourself and loved ones from ticks and other blood-sucking insects. Helpful suggestions:

- ALWAYS wear bug spray of your choice when leaving the home
- Try to avoid ticks' habitats by keeping to short grass, sticking to the center of trails, etc.
- Wear light colored clothing (pants tucked into socks, long sleeves) so you can spot ticks crawling on you
- Tick check and shower immediately after coming indoors
- Keep pets on tick preventive of your choice to avoid them bringing ticks into the home, but be aware that despite all efforts, it can still happen. Check pets daily for ticks.
- Know the steps to safely remove a tick, and remember to save the tick to be tested for pathogens since the testing for humans is highly inaccurate.

It almost seems as though we must take extra precautions this year, because... We are in the midst of the Covid-19 pandemic, and the symptoms for both early stages of lyme and covid-19 are nearly identical. That overlapping list of early symptoms includes:

- Fever/chills
- Body aches
- Fatigue
- Headache
- Nausea/vomiting/diarrhea

Symptoms that are specific to Covid-19 and NOT lyme are:

- Runny nose
- Sore throat

- Coughing

This is important for each of us to be aware of, because the focus of most medical practitioners is on Covid-19. This combined with highly inaccurate testing for lyme disease is causing some people to be misdiagnosed, which delays early treatment of lyme. This can have disastrous consequences, as early treatment with lyme gives us the best possible outcome for a full recovery. As always, trust yourself to know your body best, and advocate for yourself and your health as best you are able.

Lyme Alive currently has 2 virtual meetings on the calendar, and an invitation for additional support from the lovely Christina Murphy's group. Those meeting times/dates are:

**Tuesday, July 14<sup>th</sup> from 1-2pm via Zoom**

Meeting details: Join us for our online July social meeting, via Zoom! While anything can be discussed, our suggested topic will be:

Lyme vs. Covid - How we handle it

The idea will be to discuss any similarities and any differences in life, habits, etc. from dealing with the isolation of chronic lyme to now dealing with the isolation of Covid. We will also discuss any overlap of preventive measures, etc.

Zoom meeting ID: 651 467 5110

Password: 535214

<https://www.facebook.com/events/286784559299335> for more information.

**Saturday, August 22<sup>nd</sup> from 2-4pm via Zoom**

Meeting details: The topic for this meeting is alternative treatments for lyme; currently the focus will be on Bee Venom Therapy to treat lyme disease and related co-infections.

We will discuss what bee venom therapy for lyme disease is, how it got started, the practical aspects of it, and hear from a couple of people that have used this treatment about their experiences with it.

Zoom meeting ID: 651 467 5110

Password: 535214

\*\*If you have suggestions for a meeting topic, please don't hesitate to make that request known - otherwise we will cover what is asked about. Please remember that Lyme Alive is NOT giving medical advice, but providing information for others to research before making their own decisions.\*\*

<https://www.facebook.com/events/2689099744698310> for more information.

**Saturday, July 18<sup>th</sup> at 10am via Zoom with Christina Murphy, LEAF leader**

Meeting ID: 710 9430 3383

Password: 1ciJJd

I also want to mention that I was nominated for the Winchester Star's Star Awards for the Community Volunteer category for my work with the Lyme community. While my name is misspelled (they spelled it Van Karen instead of VanKeuren), I am very grateful for the nomination. If you would like to vote for me to win, you can do so here: <https://www.surveymonkey.com/r/wstarawards>. It is a long survey; I'm near the top in category #11. Voting can be done daily, if you choose to do so. Due to the generosity of my teacher's tai chi class, if I do somehow win – they will buy me a skydiving trip (and I really want to go!!). I will be very grateful if you choose to vote whether it is because you feel I deserve it, or because you want me to jump out of an airplane.

Thank you so much, everyone. Expect another newsletter from me in August, reminding you of the meeting on Aug 22<sup>nd</sup>. Please continue to take good care of yourselves, and one another. As always, do not hesitate to reach out to myself or another Lyme friend if you are struggling. Stay well,

Adrian

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