



WESTERN NEUROPATHY ASSOCIATION

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Volume 15

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# Neuropathy Hope

*Hope through caring, support, research, education, and empowerment*

A newsletter for members of Western Neuropathy Association (WNA)

## ■ LYME DISEASE – MAY CAUSE NEUROPATHY

Lyme disease is a bacterial infection primarily transmitted by Ixodes ticks, also known as deer ticks, and on the West Coast, black-legged ticks. These tiny arachnids are typically found in wooded and grassy areas. Although people may think of Lyme as an East Coast disease, it is found throughout the United States, as well as in more than 60 other countries.

The Centers for Disease Control and Prevention (CDC) estimate that 300,000 people are diagnosed with Lyme disease in the US every year, which is 1.5 times the number of women diagnosed with breast cancer and six times the number of people diagnosed with HIV/

AIDS each year in the US. However, because diagnosing Lyme can be difficult, many people who actually have Lyme may be misdiagnosed with other conditions. Many experts believe the true number of cases is much higher.

Lyme disease affects people of all ages. The CDC notes that it is most common in children, older adults, and others such as firefighters and park rangers who spend time in outdoor activities and have higher exposure to ticks.

LymeDisease.org has developed a Lyme disease symptom checklist to help you document your exposure to Lyme disease and common

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## ■ WATCH FOR TICKS THIS SUMMER

Ticks may be present wherever you are this summer -- walks in the woods, through grasses, in picnic areas, or even in your house if you have a cat or dog or other furred animal that comes in. Not every tick can be readily seen as infant ticks may look like a grain of rice or a tiny discoloration on your skin. You may brush it off and have no idea a tick was there unless you note a drop of blood and wonder where it came from. Below is information from LymeDisease.org to alert you or a loved one that seeing a doctor is a good idea if certain symptoms occur. Lyme Disease is a tick-borne disease that we hear about but herein is one that is common but not well known.

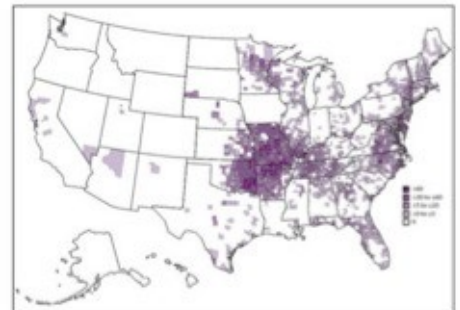
**LYMESCI: Ehrlichiosis – The Tick-Borne Disease No One Has Heard Of – By Lonnie Marcum Of Lyme Sci Included On LymeDisease.org**

According to the experts, ticks and the diseases they carry are expanding into new geographic areas. While the majority of Americans have heard of Lyme disease, fewer than 2% have any knowledge of another tick-borne disease called ehrlichiosis.

As a matter of fact, my own child was at Centers for Disease Control and Prevention (CDC) and tested positive for an Ehrlichial infection (amongst other things), and when I took her to the emergency

### Incidence of Ehrlichia Chaffeensis

Reported to CDC by County 2000 - 2013\*



\* As reported through national surveillance, per 1,000,000 persons per year. Cases are reported by county of residence, which is not always where the infection was acquired.

\*Note: The majority of cases are not reported to the CDC



room (ER) for an irregular heartbeat that developed during treatment, the ER doctor told me he had never heard of "Ehrlichia chaffeensis." True story!

### Warning!

In May 2017, an article in the CDC "Emerging Infectious Diseases" Journal, warns that ehrlichiosis infections are being "grossly underreported" in the

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# Roster of Our WNA Information and Support Groups

## 2017 WNA Board of Directors

**Bev Anderson**  
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**Karen C. Polastri, IOM**  
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Emeritus

**Please contact  
your group leader  
or check your  
local paper to  
find out about  
the topic/speaker  
for the upcoming  
meeting.**

**Bev Anderson**  
Editor

Newsletter Design by

 **Diane Blakley  
Designs**

## CALIFORNIA

### Antioch-Brentwood

3<sup>rd</sup> Wednesday, 2 PM (odd numbered months)  
Antioch-Kaiser, Deer Valley Rooms 1 & 2  
Marty Price (925) 626-7988

### Auburn

Next meeting Oct. 2, 2017  
Woodside Village MH Park  
12155 Luther Road  
Sharlene McCord (530) 878-8392

### Berkeley-Oakland

3<sup>rd</sup> Wed., 3-4 PM  
North Berkeley Senior Center  
1901 Hearst Ave.  
Kathleen Nagel (510) 653-8625

### Carmichael - Atria

Atria - Carmichael Oaks  
8350 Fair Oaks Boulevard  
For information, call:  
Ryan Harris 916-342-8440

### Castro Valley

2<sup>nd</sup> Wednesday, 1:30 PM  
First Presbyterian Church  
2490 Grove Way (next to Trader Joe)  
Joy Rotz (510) 842-8440

### Concord

No meeting in July and August  
First Christian Church  
3039 Willow Pass Road  
Wayne Korsinen (925) 685-0953

### Costa Mesa

3<sup>rd</sup> Wednesday, 10:00 AM  
Call Martha Woodside  
949-573-0056 for the location

### Davis

No meeting in July and August  
Davis Senior Center, 646 A Street  
Mary Sprifke (530) 756-5102

### Elk Grove

2<sup>nd</sup> Tuesday, 1 PM  
Elk Grove Senior Center  
8830 Sharkey Avenue  
Roger White (916) 686-4719

### Folsom

1<sup>st</sup> Thursday, 12:30 PM (odd numbered months)  
Burger Rehabilitation  
1301 E. Bidwell St., Folsom  
Bev Anderson (877) 622-6298  
<http://folsom.neuropathysupportgroup.org>

### Fresno

3<sup>rd</sup> Tuesday, 11:00 AM  
Denny's Restaurant, 1110 East Shaw  
Bonnie Zimmerman (559) 313-6140

### Grass Valley

No meeting in July and August  
GV United Methodist Church  
236 S. Church Street  
Bev Anderson 877-622-6298

### Livermore

4<sup>th</sup> Tuesday, 10 AM  
Heritage Estates, 900 E. Stanley Blvd.  
Lee Parlett (925) 292-9280

### Merced

No meeting in July and August  
Central Presbyterian Church  
1920 Canal Street  
(The Hoffmeiser Center across the street from  
the church)  
Larry Frice (209) 358-2045

### Modesto

No meeting in July and August  
Trinity United Presbyterian Church  
1600 Carver Rd., Rm. 503  
Ray (209) 634-4373

### Monterey

3<sup>rd</sup> Wed., 10:30 AM (odd numbered months)  
First Presbyterian Church  
501 El Dorado Street  
Dr. William Donovan (831) 625-3407

### Napa

1<sup>st</sup> Thursday, 2 PM  
Napa Senior Center, 1500 Jefferson St.  
Ron Patrick (707) 257-2343  
[bonjournapa@hotmail.com](mailto:bonjournapa@hotmail.com)

### Redwood City

4<sup>th</sup> Tuesday, 1 PM  
Sequoia Hospital Health and Wellness Center  
749 Brewster Avenue  
Danielle LaFlash (415) 297-1815

### Roseville

2<sup>nd</sup> Wednesday, 1PM (odd numbered months)  
Sierra Point Sr. Res., 5161 Foothills Blvd.  
Stan Pashote (916) 409-5747

### Sacramento

No meeting in July  
Northminster Presby. Church  
3235 Pope Street  
Charles Moore (916) 485-7723  
<http://sacramento.neuropathysupportgroup.org/>

### San Jose

3<sup>rd</sup> Saturday, 10:30 AM  
O'Conner Hospital, 2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Danielle LaFlash (415) 297-1815

### San Rafael

No meeting in July and August  
Lutheran Church of the Resurrection  
1100 Las Galinas Avenue  
Scott Stokes (415) 246-9156

### Santa Barbara

4<sup>th</sup> Saturday, 10AM (odd numbered months)  
The First Methodist Church  
Garden & Anapamu  
Shirley Hopper (805) 689-5939

### Santa Cruz

3<sup>rd</sup> Wednesday, 1PM (odd numbered months)  
Trinity Presbyterian Church  
420 Melrose Avenue  
Mary Ann Leer (831) 477-1239

### Santa Rosa

No meeting in July and August  
Santa Rosa Senior Center  
704 Bennett Valley Road  
Larry Metzger (707) 541-6776

### Thousand Oaks Region

No meeting in July  
Angie Becerra 805-390-2999

### Ukiah

No meeting until September  
Last Tuesday, 5:30 PM  
North Coast Opportunities (NCO)  
413 N. State St.  
Carole Hester (707) 972-2795

### Walnut Creek

4<sup>th</sup> Friday, 10 AM  
Rossmoor, Hillside Clubhouse  
Vista Room  
Karen Hewitt (925) 932-2248

### Woodland

3<sup>rd</sup> Tuesday, 1:00 PM  
Woodland Senior Center  
2001 East Street  
Sue (530) 405-6304

## OREGON

### Grants Pass

No meeting in July and August  
Club Northwest  
2160 N.W. Vine St.  
Carol Smith (541) 955-4995  
<http://grantspass.neuropathysupportgroup.org>

For information on groups in the following areas or any other place you are interested in finding out about a support group, call Bev Anderson at (877) 622-6298. She is actively trying to open new groups and re-open closed groups. Check with her about a group in your area especially if you would volunteer to be the leader.

**California:** Alturas, Bakersfield, Clearlake, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Lodi, Madera, Mt. Shasta, Oxnard, Placerville, Quincy, Redding, Salinas, San Francisco, Santa Maria, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, Turlock, West Sacramento, Weed, Yreka, Yuba City-Marysville. **Nevada:** Reno-Sparks. **Oregon:** Brookings, Medford, Portland, Salem.



Dear Members,

With this issue of Neuropathy Hope, we go into the second half of the year. Wasn't just yesterday New Year's Eve? On July 1, it will be 178 days until Christmas. You really wanted to know that, didn't you? I think I've already picked up some gifts as I try to get ready. The adults are easy; gift cards are so welcome. Older grandchildren are getting that way, too. However, if you are like me, I like to give something memorable so I try to do that at birthdays.

This issue focuses on a cause of neuropathy that may be more significant than we realized. I wonder how many people with idiopathic neuropathy don't know the cause because no doctor has given them the latest test for Lyme Disease. It may be chronic Lyme Disease.

I have a friend at church who talked to other mothers of her age about the pain she had. One of them suggested she talk to me as I know something about pain. I listened to her story carefully and after hearing about several specialists that could not come to a diagnosis, I asked what neurologist she had seen. She said she had never been referred to a neurologist. I was horrified as I'd been hearing neurological symptoms mentioned, but I squelched my inner screaming and gave her several possibilities. There was a suggestion that she see the one I listed first as she was local and a great diagnostician. My mind was saying Lyme but I didn't tell her. The diagnosis came back Chronic Lyme Disease. Her teenaged son had started having some symptoms. He was immediately tested and is now considered cured as it was caught in time. When it goes chronic, there is treatment that helps but it is basically a lifetime commitment. She is much better but the treatment continues – the sooner it is diagnosed and treated the better. If the diagnosis is Chronic Lyme Disease, there is some help. I'm hoping these articles will help you if you should happen to be bitten and infected or it happens to someone you know. Most of us live in an area where it can happen.

Be sure to check with your support group to confirm if there is a meeting. Those meeting on odd numbered months will meet over the summer, but many others do not meet one or more of the summer months.

Happy summer!

*Bev*

### CREAM FOR TINGLY NERVE PAIN YOU MIX YOURSELF

This suggestion came from the Santa Rosa's Neuropathy Support Group a few years ago. You will possibly need your pharmacist's help to find the tubes of ingredients in the pharmacy.

1 tube of clotrimazole (It says it is located in the foot section.)

1 tube hydrocortisone

Mix the 2 tubes together and put in a small jar. Rub a small amount on when pain occurs.

### WHAT IS THE DASH DIET PLAN?

Charles Moore reported that a recent speaker at the Sacramento Neuropathy Support Group was Shannon Guthrie, staff dietician at Eskaton. She recommended the DASH diet. Here is the concise definition he found on the web:

The DASH diet eating plan is rich in fruits, vegetables, low fat, or nonfat dairy. It also includes mostly whole grains; lean meats, fish and poultry; nuts and beans. It is high fiber and low to moderate in fat. It is a plan that follows US guidelines for sodium content, along with vitamins and minerals. In addition to lowering blood pressure, the DASH eating plan lowers

cholesterol and makes it easy to lose weight. It is a healthy way of eating, designed to be flexible enough to meet the lifestyle and food preferences of most people. It can be considered to be an Americanized version of the Mediterranean diet, and to be easier to follow, since it has more specific guidelines. The original DASH diet was designed to lower blood pressure, and was not specifically a weight loss plan. The pumped-up versions for weight loss are lower in calories and discourage refined and processed foods, which are mostly empty calories.

#### Help With Health Care Challenges

If the number is not in your area, call the one listed and ask for the right number.

#### Medicare

[www.Medicare.gov](http://www.Medicare.gov)

...

#### The Affordable Health Care Act

For current information go to [www.HealthCare.gov](http://www.HealthCare.gov)

...

#### HICAP Health Insurance Counseling

for seniors and people with disabilities. [www.cahealthadvocates.org/HICAP/](http://www.cahealthadvocates.org/HICAP/) Call (800) 434-0222 to ask a question or to make an appointment.

...

#### Health Rights Hotline

Serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage.

Tollfree (888) 354-4474 or TDD (916) 551-2180.

In Sacramento, (916) 551-2100. [www.hrh.org](http://www.hrh.org).

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#### HMO Help Center

Assistance 24 hours a day, seven days a week. (888) HMO-2219 or (877) 688-9891 TDD

...

**DRA's Health Access Project** Free publications about the health care, insurance rights and concerns of people with disabilities and serious health conditions. For more information, go to <http://dralegal.org/> and click on "Projects".

## DISCOUNTS FOR WNA MEMBERS

The following companies or individuals have agreed to give WNA a discount to WNA members. Give them a call or visit. If you choose to purchase the service or wares of any on this list, pull out your WNA Membership Card and claim the discount.

### Anodyne Therapy

Infrared Light Therapy equipment - **\$50 off Model Freedom 300 (single leg at a time) and \$50 discount on Model 120 that does both legs at the same time.** Contact: 800-521-6664 or [www.anodynetherapy.com](http://www.anodynetherapy.com)

**HealthLight** Infrared Light Therapy equipment - **10% off Single Boot System and Dual boot system.**

Contact: 888-395-3040 or [www.healthlight.us](http://www.healthlight.us)

### Auburn

#### The Footpath

825 Lincoln Way  
(530) 885-2091  
[www.footpathshoes.com](http://www.footpathshoes.com)  
**WNA Discount: 10% off the regular price shoes.**

### Elk Grove

#### Shoes That Fit

8649 Elk Grove Blvd.  
(916) 686-1050  
**WNA Discount: 20% off the regular price shoes.**

### Fortuna

#### Strehl's Family Shoes & Repair

Corner of 12th & Main  
1155 Main Street  
(707) 725-2610  
Marilyn Strehl, C.PED  
is a Certified Pedorthic  
**WNA Discount: 10% off the regular price shoes.**

### West Sacramento

**Beverly's Never Just Haircuts and Lilly's Nails**  
2007 W. Capitol Ave  
Hair - (916) 372-5606  
Nails - (916) 346-8342  
**WNA discount: 10% off the regular price.**

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## LOMA LINDA UNIVERSITY HEALTH OPENS NEUROPATHY THERAPY CENTER

Loma Linda University Health, Loma Linda, California, 92350, has opened a new Neuropathy Therapy Center, which is home to an innovative, drug-free, surgery free treatment program for people suffering from peripheral neuropathy (nerve damage) caused by chemotherapy, diabetes, or other conditions. The Center is a collaboration between the School of Allied Health Professionals and Loma Linda University Medical Center's East Campus.

Neuropathy is a debilitating condition with symptoms like weakness, pain, and numbness, typically in the feet or hands. The condition is strongly impacted by reduced blood flow from arteries through connector vessels into the nerve.

Neuropathy Therapy Center patients will be seen by Mark Russell, clinic director, and a team of trained specialists. The Center's treatment features a technique Russell developed called intraneural facilitation™. This evidence-based approach utilizes physical-therapy-based holds to stretch nerve areas and deliver blood supply to damaged nerves. Many people report lessening of the neuropathy symptoms after the first treatment. Loma Linda University Health is the only place where this type of therapy is available.

Loma Linda University Health (909) 558-1000. Loma Linda is a city in San Bernardino County. Loma Linda University is a health-based university affiliated with the Seventh-Day Adventist Church.

## Watch For Ticks This Summer – Continued from page 1

U.S. with as many as 97-99% of infections going unrecognized. They are projecting that the actual number of annual cases could go as high as one half the number of Lyme disease cases – which would mean we may already have over 150,000 cases of ehrlichiosis annually.

### There Are Several Factors Causing The Underreporting:

Lack of public education/knowledge – doctors aren't testing for or diagnosing ehrlichiosis.

Some cases are mild enough that patients do not seek medical care or a diagnosis.

Insensitive or inaccurate testing methods may result in false-negative diagnosis.

Reporting is voluntary and the criteria are restrictive.

Ehrlichiosis is the name for several tick-borne diseases that are caused by a group of bacteria known as Ehrlichia. Ehrlichia belong to a larger order of bacterium known as Rickettsiales. (See previous post at [LymeDisease.org](http://LymeDisease.org) on the spotted fever group of Rickettsiae)

Rickettsiae and Ehrlichia belong to a broad group of bacteria that can be spread by a tick bite. These infections can be transmitted alone or at the same time as Lyme disease and are commonly known as co-infections. (I talk more about co-infections here)

The Ehrlichia (E) group includes: chaffeensis: the cause of human monocytic ehrlichiosis (HME) ewingii muris-like (EML).

### Symptoms

While some cases of ehrlichiosis are mild, the disease can be severe or fatal if not treated correctly,

even in previously healthy people. Severe symptoms of ehrlichiosis may include difficulty breathing, respiratory failure, bleeding disorders, and kidney or heart failure.

Because Ehrlichia infect white blood cells (the cells that fight infection) and mitochondria (the powerhouse of the human cell) the consequences of untreated infection may have long-lasting effects. I often wonder if undiagnosed Ehrlichiosis isn't responsible for some portion of the millions of people with the mysterious illness known as "Myalgic Encephalomyelitis" or "Chronic Fatigue Syndrome."

Other symptoms of ehrlichiosis can include:

- Fever/chills and headache (majority of cases)
- Fatigue/malaise (over two-thirds of cases)
- Muscle/joint pain (25% – 50%)
- Nausea, vomiting and/or diarrhea (25% – 50%)
- Cough (25% – 50%)
- Confusion or brain fog (50% of children, less common in adults)
- Lymphadenopathy (47% – 56% of children, less common in adults)
- Red eyes (occasionally)
- Rash (approximately 60% of children and 30% of adults)

### Diagnosis And Treatment

Like other tick-borne diseases, diagnostic blood tests will frequently be false-negative during the first weeks of illness. And like other tick-borne diseases, treatment is most effective if started early. For this reason, healthcare providers must use their best clinical judgement and treat patients based upon early symptoms alone.

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## Watch For Ticks This Summer – Continued from page 4

According to the CDC website: “The diagnosis of ehrlichiosis must be made based on clinical signs and symptoms, and can later be confirmed using specialized confirmatory laboratory tests. Treatment should never be delayed pending the receipt of laboratory test results, or be withheld on the basis of an initial negative laboratory result.”

The CDC goes on to say: “Doxycycline is the first line treatment for adults and children of all ages and should be initiated immediately whenever ehrlichiosis is suspected.”

Patients who are treated early may recover quickly on outpatient medication, while those who experience a more severe illness may require intravenous antibiotics, prolonged hospitalization, or intensive care.

### Transmission

The lone star tick (*Amblyomma americanum*) is the primary vector of *E. chaffeensis* (HME), and *E. ewingii* with rates of infection ranging from 0 to 27 percent. In the past decade, the lone star tick has expanded into geographic areas where it did not previously occur. This is particularly concerning because the lone star tick is an aggressive biter.

Ehrlichia bacteria have been found in other ticks including the Pacific Coast tick (*Ixodes pacificus*), Gulf Coast tick (*Amblyomma maculatum*), American dog tick (*Dermacentor variabilis*), and the brown dog tick (*Rhipicephalus sanguineus*), but there is not a lot of research into how effectively these ticks are able to transmit Ehrlichia to humans.

Preliminary studies suggest that the vector for the newest species *E. muris-like* (EML) found in Wisconsin and Minnesota is the deer tick (*Ixodes scapularis*), and in a recent publication, researchers found that 40% of Pacific Coast ticks were carrying three different types of Rickettsia bacteria.

While there is some geographic overlap, in general, these ticks are found in the following areas:

Lone star tick (east of the Rockies), Gulf Coast tick (Gulf and southern states), American dog tick (east of the Mississippi), Blacklegged or “deer” tick (east of the Rockies), Western blacklegged tick (west of the Rockies).

### Other Modes Of Transmission

*Ehrlichia chaffeensis* has been shown to survive for over a week in refrigerated blood. Therefore, these bacteria may present a risk for transmission through blood transfusion and organ donation. It has also been suggested that ehrlichiosis can be transmitted from mother to child, and through direct contact with slaughtered deer.

### Summary of Ehrlichiosis

Warning: This is a bacteriological disease. No immunity is obtained. Each time it could be suspected, it must be tested and treated.

Used by the permission of [www.LymeDisease.org](http://www.LymeDisease.org)

## DISCOUNTS FOR WNA MEMBERS

Continued from page 4

### Neuropathy Support Formula

(1-888-840-7142) is a supplement that a sizable number of people are taking and reporting it has helped them. The company gives members of WNA a discount and free shipping. The 30-day supply is \$40 (normally \$49.97). It can be auto-shipped monthly for the same. A 3-month supply via auto-ship is \$95.00. They also have a Nerve Repair Optimizer that is available for \$20 with free shipping. Marsha, the manager, said that if anyone wants more information about the product, they can call and ask for her. If she is not readily available, leave your number and she will call you back.

**Free DVD on “Coping with Chronic Neuropathy”**, introduced by Dominick Spatafora of the NAF and endorsed by major university neurologists, is available by contacting the Neuropathy Support Network at [www.neuropathysupportnetwork.org/order-neuropathy-dvd.html](http://www.neuropathysupportnetwork.org/order-neuropathy-dvd.html)

### Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail [info@pnhelp.org](mailto:info@pnhelp.org).

We'll mail an agreement form to the business, and once we have it, we'll add them to this list.

Disease	incubation period	initial signs and symptoms	Cutaneous signs	Laboratory findings	Estimated Case- fatality rate
<b>Ehrlichia chaffeensis (HME)</b>	5-14 days	Fever, headache, malaise, myalgia, nausea, diarrhea, vomiting	Rash in approx 30% of adults an 60% of children, variable rash pattern that may involve palms and soles, appears approx 5 days after illness onset	Leukopenia, thrombocytopenia, increased hepatic transaminase levels, hyponatremia, anemia	3%
<b>Ehrlichia ewingii ehrlichiosis</b>	not known	Fever, headache, malaise, myalgia	Rash rare	Leukopenia, thrombocytopenia, increased hepatic transaminase levels	not known
<b>Ehrlichia muris-like (EML)</b>	not known	Fever, headache, malaise, myalgia	Rash in approx 12%	Thrombocytopenia, lymphopenia, leukopenia, increased hepatic transaminase, anemia	not known

## **Lyme Disease – May Cause Neuropathy** – *Continued from page 1*

symptoms for your healthcare provider. You will receive a report that you can print out and take with you to your next doctor's appointment.

Lyme disease is caused by a spirochete — a corkscrew-shaped bacterium called *Borrelia burgdorferi*. Lyme is called “The Great Imitator,” because its symptoms mimic many other diseases. It can affect any organ of the body, including the brain and nervous system, muscles and joints, and the heart.

Patients with Lyme disease are frequently misdiagnosed with chronic fatigue syndrome, fibromyalgia, multiple sclerosis, and various psychiatric illnesses, including depression. Misdiagnosis with these other diseases may delay the correct diagnosis and treatment as the underlying infection progresses unchecked.

### **How Do People Get Lyme Disease?**

Most people get Lyme from the bite of the nymphal, or immature, form of the tick. Nymphs are about the size of a poppy seed. Because they are so tiny and their bite is painless, many people do not even realize they have been bitten.

Once a tick has attached, if undisturbed it may feed for several days. The longer it stays attached, the more likely it will transmit the Lyme and other pathogens into your bloodstream.

If pregnant women are infected, they sometimes pass Lyme disease to their unborn children and, while not common, stillbirth has occurred. Some doctors believe other types of human-to-human transmission are possible but little is known for certain.

### **Where Is Lyme Disease Found?**

Lyme disease has been found on every continent except Antarctica. It is found all across the United States, with a particularly high incidence in the East, Midwest, and West Coast. Rates have increased significantly over time. Some of this increase may be because of disease spread, but it is also likely that it reflects growing public awareness of the disease.

Not all ticks are infected. Within endemic areas, there is considerable variation in tick infection rates depending on the type of habitat, presence of wildlife, and other factors. Tick infection rates can vary from 0% to more than 70% in the same area. This uncertainty about how many ticks are infected makes it hard to predict the risk of Lyme disease in a given region.

In the South, a Lyme-like disease called STARI (Southern Tick-Associated Rash Illness) transmitted by the Lone Star

tick has been described. Scientists are still debating about what organism(s) in the Lone Star tick may cause the disease as well as the treatment of patients with a rash in the South. However, Lyme disease has been reported in certain areas of the South and Southeast and patients with STARI may be quite ill. Because of this, patients in the South with a rash should be treated. (Herman-Giddens 2014)

The risk of getting Lyme disease is often reflected in risk maps. Some maps show the number of human cases of Lyme disease reported for surveillance. These maps may not accurately reflect risk because only 10% of reportable Lyme cases are currently captured by CDC surveillance. Other risk maps show the number of infected ticks that researchers have collected in a certain area. These maps are often not accurate because many states and counties have done little or no testing of ticks in the area. The best maps of risk may be canine maps. This is because dogs are routinely screened for Lyme disease through a nationwide program as well as the close association of dogs with humans.

### **Symptoms**

Symptoms of early Lyme disease may present as a flu-like illness (fever, chills, sweats, muscle aches, fatigue, nausea, and joint pain). Some patients have a rash or Bell's palsy (facial drooping). However, although a rash shaped like a bull's-eye is considered characteristic of Lyme disease, many people develop a different kind of Lyme rash or none at all. Estimates of patients who develop a Lyme rash vary widely, ranging from about 30% to 80%.

For example, a CDC report on Lyme carditis, which can be fatal, found that only 42% of cases had a rash.

If Lyme disease is not diagnosed and treated early, it may become late-stage or chronic. This may also occur when early treatment is inadequate. While some symptoms of chronic or late stage Lyme disease are similar to those of early Lyme, there are important differences.

Lyme disease may spread to any part of the body and affect any body system. Typically, it affects more than one body system. In our survey, which drew over 5,000 responses, patients with chronic Lyme disease reported an average of three severe or very severe symptoms, with 74% reporting at least one symptom as severe or very severe.

An extensive list of symptoms of chronic Lyme disease was developed by Dr. Joseph Burrascano, a pioneer in treating chronic Lyme disease. These can be found on the [LymeDisease.org](http://LymeDisease.org) website.

Used by the permission of [www.LymeDisease.org](http://www.LymeDisease.org)

## CALMARE/SCRAMBLER THERAPY NOW IN BERKELEY

For years, we have been hearing about Calmare/Scrambler Therapy. We kept receiving reports that it was effective, but with no machine in our entire region, the therapy wasn't readily available to us. Eventually one machine was being utilized our area but it is used exclusively for chemotherapy induced neuropathy.

If you are interested in trying this therapy, contact your doctor before and after a treatment.

"Dr. Selena Ellis of Berkeley California is proud to announce the first neurology practice in the Western United States to offer Calmare therapy for the treatment of nerve pain. Dr. Ellis practices neurology at her medical practice which treats chronic pain in patients suffering from trigeminal neuralgia, peripheral neuropathy, Complex Regional Pain Syndrome (CRPS), and headache and migraines. After an in-depth evaluation process including the successful treatment of chronic neuropathic pain with her patients, Dr. Ellis has added Calmare/Scrambler therapy.

Calmare is a FDA-cleared device (Food and Drug Administration) which provides a non-invasive and non-narcotic therapy for the treatment of chronic neuropathic pain. Calmare therapy has also been very successful in achieving chronic pain relief for patients suffering from failed surgical back syndrome, Chemotherapy-induced Peripheral Neuropathy (CIPN), and other neuropathies. Significantly, there are no adverse side effects to this revolutionary therapeutic modality.

The Calmare technology employs electrostimulation that utilizes a low electrical current directed at the central nervous system through electrodes on the patient's skin surrounding the pain area. With the application of 16 proprietary electrical impulse algorithms that are programmed to specifically target the body's C-fiber pathway (which transmits slower and chronic pain signals) versus the acute pain pathway, these electrical signals perform as artificial neurons to "re-program" the brain's receipt of the pain signal or message to offer long lasting pain relief instead of just "blocking" the pain message such as with transcutaneous electrical nerve stimulation (TENS).

### No Cost First Treatment

Most patients who experience a reduction in pain after their first 45-minute treatment are deemed to have a high probability to achieve significant chronic pain relief after completion of a 10 treatment regimen of 45-minute treatments. Patients interested in using Calmare will be offered the initial treatment at no cost to determine whether further treatments will have a high probability of reducing or eliminating their chronic pain. Patients must be weaned off certain medications before starting the therapy to achieve best effect.

Dr. Ellis says, "My practice focuses on providing chronic pain relief to my patients using the most safe, effective, and non-addictive therapies available. As a neurologist, I am driven to be open to new promising modalities after conducting a complete evaluation of the patient. After seeing the positive results for relieving pain after using Calmare, I knew I wanted to be the first neurologist to offer the technology in the western US."

## WNA SHIRTS NOW AVAILABLE

We have polo and t-shirts available for purchase. Polo shirts are stone color and t-shirts are either white or black. Sizes are men adult sizes small, medium, large, extra-large, additional price for 2x-5xs. (\$2 extra per shirt). Shipping is \$2 per shirt. Price includes tax. Allow approximately 3 weeks order time. To order: fill out the form below and return with your check:

Name \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

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Polo shirt (stone) \$28.00 ea. Qty: \_\_\_\_\_ Size: \_\_\_\_\_ \$ \_\_\_\_\_

add \$2. per shirt for 2x, 3x, 4x, or 5x \$ \_\_\_\_\_

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Nerve T-shirt (black) \$18.00 ea. Qty: \_\_\_\_\_ Size: \_\_\_\_\_ \$ \_\_\_\_\_

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# WESTERN NEUROPATHY ASSOCIATION

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## STEM CELL CLINICS CAUSE CONCERN

Reports of three cases in which elderly women went blind after receiving an experimental stem cell therapy at a Florida clinic should raise concern about the proliferation of similar centers across the country, where patients often are promised safe and effective care using unproven and potentially risky treatments, expert said.

Hundreds of clinics that market stem cell therapies directly to consumers have cropped up in the United States over the past few years, and California is a hot spot in the trend. The authors of the new paper said people seeking treatment at these clinics should consider what happened to the women in Florida a major red flag.

Report by Erin Allday



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Our mission is to provide support, information and referral to people with neuropathy and to those who care about them, to inform and connect with the health care community, and to support research.

Dues - \$30 a year

All contributions and dues are tax-deductible.

We are supported by dues-paying members, contributions by members and friends, and occasionally, small grants and fundraisers.

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