

# Matthew Goss's Lyme Disease Facts

Only 50% of people infected with Lyme Disease get the bull's-eye "red spot."

There are at least 8 different kinds of ticks that carry Lyme Disease, not just deer ticks. Ticks are carried by migratory birds from as far north as Canada and as far south as South America. Lyme has been documented in 49 US states.

Ticks also carry other diseases such as *Babesia* (which is similar to malaria), Ehrlichiosis and *Bartonella* (cat scratch fever).

Early treatment is the only sure way to cure these diseases. Many people who do not get adequate treatment in the first few weeks will be ill for several years, even with high doses of antibiotics and other toxic drugs.

Many people with Lyme Disease have been mistakenly diagnosed with Multiple Sclerosis, Lou Gehrig's Disease (ALS), Lupus, and Chronic Fatigue Syndrome. This is a serious illness.

Symptoms of tick-borne illnesses include headache, diarrhea, sore throat, stiff neck, fever, chills, muscle aches, fatigue, dark urine or blood in urine, weakness, weight loss, nausea, abdominal pain, diarrhea, cough, shortness of breath, muscle pain and arthritis. Neurological symptoms include meningitis, numbness, tingling, and burning sensations in the extremities, Bell's palsy (facial paralysis) and muscle twitching. Swollen glands are also common.

I didn't recognize any symptoms until I was off the trail for over a month. If a tick bites you, seek the advice of a doctor experienced in treating tick-borne illnesses. You can find such a specialist by posting a message to the Flash Discussion message board "Seeking a Doctor" at [Lymenet.org](http://Lymenet.org).

CDC guidelines for diagnosing and treating this disease were developed for surveillance purposes only and are not an effective means of diagnosis or treatment. Most doctors who are not experienced in treating or diagnosing these tick-borne illnesses follow these outdated CDC guidelines, and will not provide adequate treatment to cure the disease.

I stress that early treatment is key in curing this disease, and a doctor experienced in diagnosing and treating tick-borne illnesses is imperative. If you wait to find a specialist then it may be too late.

**For more information, visit  
[www.anapsid.org/lyme/matthewgoss](http://www.anapsid.org/lyme/matthewgoss)  
[www.lymenet.org](http://www.lymenet.org)**