

Dear,

As someone whose life has been seriously impacted by Lyme disease, I am working to raise awareness of the risks to prevent anyone else ending up in my situation. To put this into context:

- **Infected ticks have been found all over the UK** in woodland, open countryside and even urban parks and gardens, as can be seen in [this recent study](#).
- Data gathered by the World Health Organisation has identified that the number of **Lyme disease cases throughout Europe have increased by 65%**, on average, every year for the last 20 years.
- The Big Tick Project 2016 found that **one third of dogs had ticks attached** when checked in their study. Pet owners are at greater risk as ticks can drop off in the home or transfer themselves to humans.

Can I please request that your medical team complete **the Royal College of General Physicians free online course on Lyme disease**? Please find notes regarding the course attached.

If you have a particular interest in Lyme disease or know of a treatment resistant patient, you may be interested in the resources given below:

- A [summary of the latest scientific literature](#), compiled by Dr Richard Horowitz, a leading Lyme disease specialist in the US.
- [A video tutorial](#) on Lyme testing and diagnosis, by a Lyme disease educator from Minnesota. It can be viewed by logging on as a guest.

Finally, can I **ask for permission to provide you with some Lyme disease awareness leaflets** to distribute?

Kind regards,

Royal College of General Physicians [free online course on Lyme disease](#)

With this course, it is worth noting:

- The course states that “a **significant number of patients treated for Lyme disease experience ongoing debilitating symptoms**...at present, it is unclear as to whether residual symptoms are due to continuing infection, immune response, tissue damage or a combination of all three”. As a result, **early diagnosis and treatment is vital**, with **repeat course(s) of antibiotics being necessary in the case of relapse** or incomplete response. The course also gives the option of increasing the dose.
- The course explains that Lyme disease is a **multi-system disorder** with many non-specific symptoms, with **no test that can exclude it**, therefore **patients with a history of multiple non-specific symptoms should be assessed clinically**.
- In addition to the content of the course, it is useful to be aware that:
 - **Many infected patients do not experience an EM rash**, and that EM rashes can be uniformly red rather than showing the “target” bull’s-eye rings.
 - A major symptom in **children** can be an **unexplained change in behaviour and mood**.
 - A common symptom can be **migratory joint and muscle pain**, this may also become a long-term symptom.
 - In addition to the reasons given, **sero-negativity in late stages of Lyme is well-documented**. Lyme disease can cause immunosuppression.
 - When the overall Lyme disease test is negative any positive bands and/or positive results for other tick borne infections such as anaplasma can be used towards a clinical diagnosis.
 - Whilst it can be used to test for Lyme disease, **lumbar puncture is not a reliable form of testing** (whilst it has high specificity the sensitivity is very low) and due to risks involved, it is more appropriate if the patient is already undergoing a lumbar puncture for another reason.