

*Lyme disease



New words

- Tick |tɪk| - клещ
- Tick-borne illness - болезнь , переносимая клещами
- Bite |baɪt| - укус
- Paralysis |pə'reɪləsɪs| or palsy |'pɔ:lzɪ| - паралич
- Fatigue |fə'ti:g| - усталость
- Repellent |rɪ'pelənt| - отталкивающий
- Bushy |bʊʃɪ| - густой, покрытый кустарниками
- Gently |'dʒentli| - осторожно
- Tweezers |'twi:zərz| - пинцет, щипчики
- Precaution |prɪ'kɔ:ʃn| - *предусмотрительность, предостережение*
- Erythema |,erɪ'θi:mə| - эритема, покраснение кожи

Causative agent

Lyme disease is caused by four main species of bacteria. *Borrelia burgdorferi* and *Borrelia mayonii* cause Lyme disease in the United States, while *Borrelia afzelii* and *Borrelia garinii* are the leading causes in Europe and Asia. The most common tick-borne illness in these regions, Lyme disease is transmitted by the bite of an infected black-legged tick, commonly known as a deer tick.



Symptoms

Early signs and symptoms

- **Lyme disease rash (Erythema migrans).** From three to 30 days after an infected tick bite, people with Lyme disease get a characteristic bull's-eye rash. The rash gradually spreads over a period of days and can eventually reach up to 30 centimeters across.



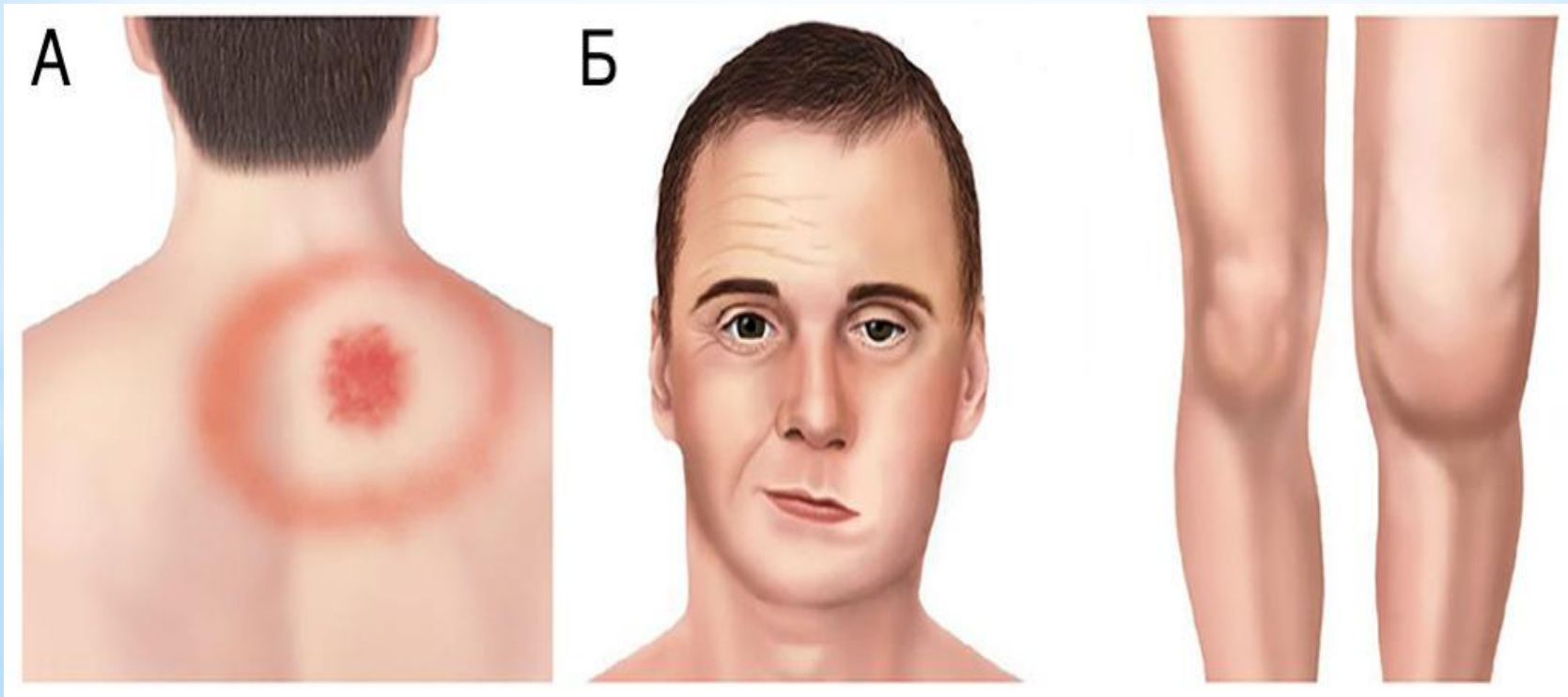
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- **Other symptoms.** Fever, chills, fatigue, body aches, headache

Later signs and symptoms

If untreated, new signs and symptoms of Lyme infection might appear in the following weeks to months. These include:

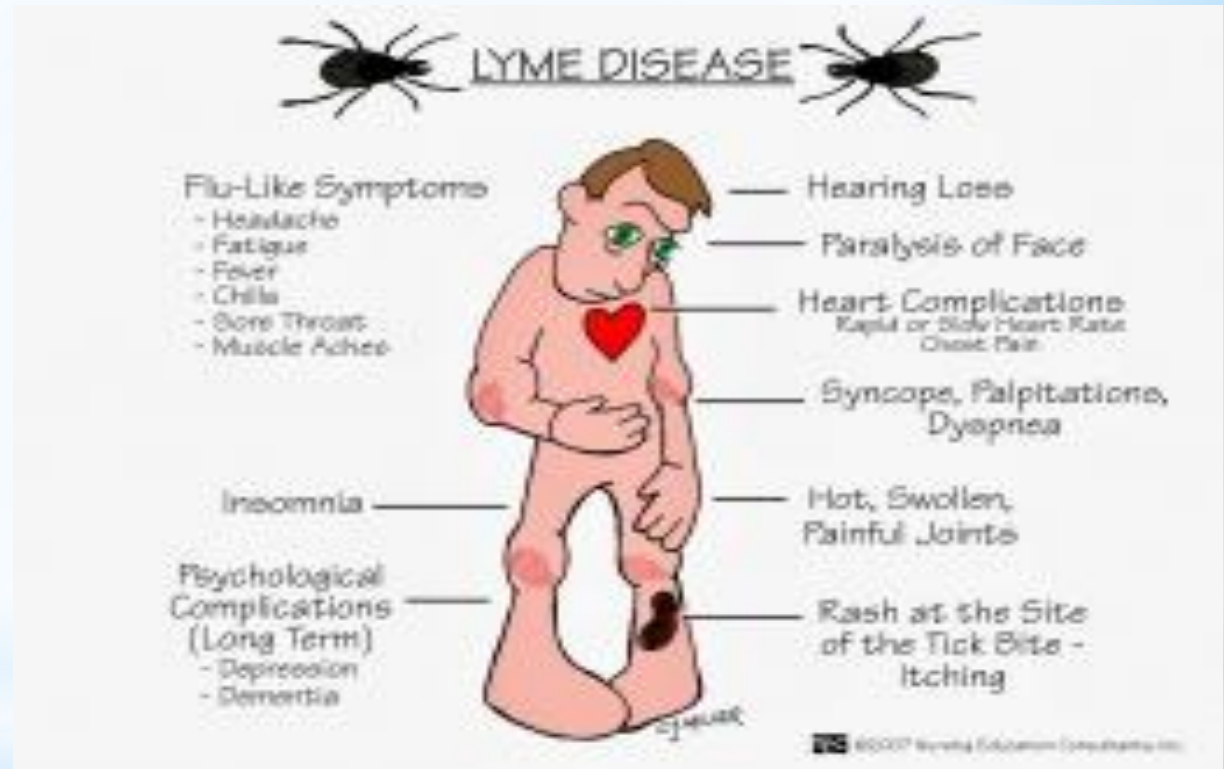
- **Erythema migrans.** The rash may appear on other areas of your body.
- **Joint pain.** Bouts of severe joint pain and swelling are especially likely to affect your knees
- **Neurological problems.** You might develop inflammation of the membranes surrounding your brain (meningitis), temporary paralysis of one side of your face (Bell's palsy), impaired muscle movement.



Less common signs and symptoms

Several weeks after infection, some people develop:

- Heart problems
- Eye inflammation
- Liver inflammation (hepatitis)
- Severe fatigue



Complications

Untreated Lyme disease can cause:

- Chronic joint inflammation (Lyme arthritis), particularly of the knee
- Neurological symptoms, such as facial palsy and neuropathy
- Cognitive defects, such as impaired memory
- Heart rhythm irregularities

Treatment

To fight Lyme disease antibiotics are used. At an early stage of Lyme disease prescribed tetracycline-type drugs. Later, when joint, cardiac and neurological changes appear, penicillin-type antibiotics are prescribed, which take 3-4 weeks. In parallel, analgesics are recommended to relieve pain symptoms. With a pronounced intoxication syndrome infusion detoxification therapy is also indicated, with meningitis - dehydration.



Prevention

The best way to prevent Lyme disease is to avoid areas where deer ticks live, especially wooded, bushy areas with long grass. You can decrease your risk of getting Lyme disease with some simple precautions:

Cover up. When in wooded or grassy areas, wear shoes, long pants tucked into your socks, a long-sleeved shirt, a hat and gloves.

Use insect repellents. Apply insect repellent with a 20% or higher concentration of DEET to your skin.

Check your clothing, yourself, your children and your pets for ticks. Be especially vigilant after spending time in wooded areas. Deer ticks are often no bigger than the head of a pin, so you might not discover them unless you search carefully.

Don't assume you're immune. You can get Lyme disease more than once.

Remove a tick as soon as possible with tweezers. Gently grasp the tick near its head or mouth. Pull carefully. Once you've removed the entire tick, apply antiseptic to the bite area.

Thank you for watching

