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To: Catherine Wallen <Cwallen@pahousegop.com>
Subject: [EXTERNAL]: Lymes

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I am writing this to increase awareness and advocating for yourself. If you have any reason to believe that you have Lymes disease. There are many signs and symptoms that your doctor may dismiss as something else. My story begins with pulling a tick from my head after a shower. I live in the woods so I didnt think much of it. Two weeks later I woke up with what appeared to be a flu. I could barely move, even my teeth hurt, this lasted thru the weekend. I also had a round rash on the inside of my knee. I went to Urgent care that Monday feeling much better and told them about the tick, the rash, and how terrible I felt over the weekend. I asked about Lymes and a blood test. I was told it was too soon for a blood test and it was probably the flu. So I went about my life and 2 weeks later I woke up with Bells Palsy. I initially thought I had a stroke overtime. I called my family doctor who saw me that morning and did not dismiss it was Lymes. He sent me to the lab and gave me the scripts I needed for Lymes treatment and now Bells Palsy. I started a 24 day course of Doxycycline, and was given muscle relaxers and steroids for other issues. The blood test came back positive for Lymes. Fortunately for me this ended up being caught early, however I feel the Bells Palsy could have been avoided if the Urgent Care physician would have been more aware of Lymes symtoms. I also went to see a disease control specialist who felt I would be okay since the Lymes was caught early. I have a few friends who were not diagnosed early. The long term side effects they experience are sometimes debilitating when they have flare ups. This terrible little insect is not one to play with! In closing, please be very aware of Lymes symptoms if you were bitten by a tick! You must be an advocate for yourself!

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