



8 Signs That Your Aches and Pains May be Due to Lyme Disease and other Tick-Borne Infections

1. You have more than one symptom!
 - a. Lyme disease is a multisystemic illness
 - b. The Classic constellation of symptoms are:
 - i. Fatigue
 - ii. Pain
 - iii. Insomnia
 - iv. Cognitive problems
2. Symptoms come and go with good and bad days.
3. **Your pain MIGRATES around your body.**
 - a. **Migratory joint pain**, muscle pain and nerve pain that come and go are classic for Lyme
4. In women, **symptoms tend to worsen right before, during and after the menstrual cycle.**
 - a. Estrogen aggravates Lyme symptoms
 - b. You might feel worse with estrogen from bio-identical hormones or birth control pills.
5. **Symptoms worsen or improve after antibiotic therapy**
 - a. Someone might take antibiotics for an unrelated infection, like a urinary tract infection, and notice that their symptoms improve or worsen.
 - b. Worsening symptoms can happen when bacteria die as molecules of inflammation get released into the bloodstream. This is called a Jarisch-Herxheimer reaction.
 - c. Sometimes you feel much better with the antibiotics, as the antibiotic will treat some of the chronic tick-borne infection.
6. **Bartonella** (a type of tick-borne infection) is associated with **cystitis** (burning urinary) and **neuropathy**, often of the feet.
 - a. If you have unexplained cystitis and/or neuropathy, consider Bartonella testing.
7. **Babesia** (another type of tick-borne infection) is associated with unexplained **night sweats** and **shortness of breath** (air hunger).
8. **Lyme disease is the only disease that causes MIGRATORY NERVE PAIN!**
 - a. If you have migratory nerve pain or neuropathy that varies day-to-day consider testing for Lyme disease

Please ask us about Lyme Disease and Co-infection Testing and How to Establish a Lyme Diagnosis.

Thanks!

Emily Rowe, MD, L. Ac. & Christopher Estes, MD, MPH

333 West 41 Street
Suite 702
Miami Beach, FL 33140
(305) 397-8229