

Understanding Lyme Disease

With summertime finally here, we'll all likely be spending more time outside. It's important to be aware of conditions that can be associated with spending more time outside such as sunburn, poison ivy, and Lyme disease. This month, we'll be featuring Lyme Disease.



What is Lyme Disease?

Lyme Disease is the most common vector-borne disease in the United States. It is transmitted to humans through the bite of an infected tick that carries bacteria called *Borrelia burgdorferi*.



How do you get it?

Lyme disease is known to occur when an individual spends time outdoors in wooded areas, tall grass, or anywhere that ticks may take habitat. Humans and our pets are all at risk for Lyme if we spend a lot of time outdoors in such places without the proper protection sprays or equipment.

Lyme Disease information found on <https://www.cdc.gov/lyme/index.html>

Symptoms of Lyme Disease:

- ▶ Symptoms may appear anywhere from 3-30 days after the initial tick bite exposure.
- ▶ Fever, chills, headache, fatigue, joint aches, and swollen lymph nodes may occur in the absence of a rash.
- ▶ Erythema Migrans (EM) rash:
 - Occurs in approximately 70-80% of infected persons
 - Expands gradually up to 12 inches or more across
 - May feel warm to the touch but rarely itchy or painful
 - Sometimes clears as it enlarges, appearing as a bullseye spot

Labs at Nice Healthcare

Did you know Nice Healthcare providers can conduct labs in the home or workplace? Nice Healthcare is a technology-based primary care clinic that brings labs, imaging, and pharmacy into the comfort of your home or workplace, or online.

All appointments start online in the Nice Healthcare app. If we cannot diagnose you virtually, an in-person visit is recommended. We will send a medical provider to your home or workplace to conduct labs or tests pertaining to your condition. We offer dozens of acute and chronic labs for conditions such as strep throat and UTI's, as well as high cholesterol, thyroid, and type 2 diabetes.

Some of the labs we can conduct are listed here:

- ▶ TSH (thyroid)
- ▶ Lipid (cholesterol)
- ▶ Hemoglobin A1c (diabetes)
- ▶ Strep Test
- ▶ Urinalysis
- ▶ Mono Spot

Scheduling a virtual appointment to meet with a Nice Healthcare provider is the best way to determine if you need a lab. Best of all, you won't ever need to leave your home or workplace! We come to you!

For more information or to see a list of available labs, please visit our website: www.nice.healthcare/services

CARE TEAM SPOTLIGHT



Jill Gauger, CNP

"What I love most about our patients is that as a whole they are very receptive to medical and lifestyle interventions to try and get better, and that they are so appreciative of our work."