



JOIN THE LYME DISEASE CHALLENGE

and Take a Bite Out of Lyme Disease

By Lorraine Payette

Hot times in the summer means a lot of time outdoors. Everyone packs up and heads for the beach, the cottage, and the deep woods – anywhere they can get away from the heat and they party till they drop.

Then there, lurking in plain sight is the enemy. No larger than the period at the end of this sentence or the dot over an “i”, hiding on blades of grass, in folds of skin, ready to

creep out and attack at any moment is the deer tick – bearer of Lyme Disease.

“Lyme Disease is very real, and we definitely have it in Canada,” says Wendy Aitkin, chronic Lyme Disease sufferer and dedicated Lyme Disease warrior. “We need to make people aware and get them out there protecting themselves and others. If we all work together, we can make progress against this disease here in Canada.”

Even the ancient iceman found in the Tyrolean Alps, Oetzi, appears to have suffered from it. No one is immune, and our pets are just as susceptible to it as we are.

Aitkin hopes to see people gain a new awareness of Lyme Disease, and to get the medical profession to take it far more seriously than they have been.

“I am a Lyme warrior with all positive tests,” she said. “There are sparks of hope for Lyme sufferers in Canada. Let’s fight back – though most Lyme sufferers will not have the ability to fight, because they are just too sick.”

The Lyme Disease Challenge (LDC) is a great way to help make people more aware of this crippling and potentially deadly disease.

If you want to join the fight, to get out and “get” this disease before it can get you, get yourself a lime and a camera (video or not – every picture counts) and Take a Bite Out of Lyme Disease (TBOLD). Visit one of the information sites on Lyme Disease and learn more about the disease. Then get a picture or video of yourself biting into the lime, and tell the world a little of what you have learned about this crippling and potentially deadly tick borne illness. Post on Youtube, Facebook and other social media, and get the word out there. Cash donations to the International Lyme and Associated Diseases Society’s (ILADS) 501(c)(3) non-profit educational fund in any amount are also welcome and will be used to help share information in many different ways.

“If we all do our part, we can bring greater awareness to everyone,” said Aitkin. “This disease does not discriminate – it can affect all people of any age, sex or race, and many of our household pets and other animals. Through a concentrated programme of education and discussion, we can start to get the medical community to take us seriously, and start to get it under control.” LH

For more information on the LDC and TBOLD, please go to <http://www.cnlads.ca/> and <https://www.facebook.com/pages/C-N-L-A-D-S-Canadian-National-Lyme-And-Associated-Diseases-Society/639533619416175?sk=timeline>, or visit your local CPHC centre at 2235 Parkedale Ave. Brockville, 12 Wellington Street East Athens, 338 Herbert St. Gananoque, or 555 King Street West Prescott. CNLADS is dedicated to helping change the situation with Lyme Disease in Canada through advocacy, education and outreach. They can be reached at help@cnlads.ca.