

## WINTER-SPRING NEWSLETTER 2006



Tick-borne Infections Council of North Carolina, Inc

- See information below about deer (black-legged) ticks (*Ixodes scapularis*) found on pets this winter in Chatham County.

### **Free presentation, March 25 in Raleigh, notice from NCLDA**

The Lyme Disease Association and the North Carolina Lyme Disease Foundation Present: **Lyme Disease Seminar** in Raleigh, NC at the North Raleigh Hilton, Old Wake Forest Road (turns into Falls of Neuse later), Saturday, March 25th, 1PM-5PM. Speakers: Joseph G. Jemsek, MD, Jemsek Clinic, Huntersville, NC; John Pittman, MD, Carolina Center for Integrative Medicine, Raleigh, NC; Pat Smith, President, Lyme Disease Association; Susan Little, Executive Director, DEET Education Program & Judi Anderson DEET Education Program (President, Kroeger Associates, Inc.). The event is partially supported by an education grant from the DEET Education Program. Free admission includes refreshments, information and a Question and Answer session. Open to the public. Contact [vetrelief@earthlink.net](mailto:vetrelief@earthlink.net) for details.

### **NEW WEBSITE!**

Check out our new website, [www.tic-nc.org](http://www.tic-nc.org), online since March 6, 2006. We have a web designer who has greatly improved our looks and made some documents, including our brochure, so they can be downloaded and printed out. We still have a lot to do to update material and add other things. Please tell your friends so they can join, donate, and get information from materials available from the site.

### **INTERESTING INFORMATION FROM PENNSYLVANIA ABOUT DEER TICKS (BLACK-LEGGED TICKS)**

*Pennsylvania State University*

Penn State entomologist: Deer tick increase puts hunters, hikers at risk

Wednesday, November 30, 2005

The deer ticks being found this fall are adults, as opposed to the nymphs that most often are encountered in the spring and summer. "In October and November, female ticks are 'questing,' or looking for a host," Jacobs explained. "Typically by this time, they have fed and dropped off their hosts. But this year, they still appear to be questing, putting hunters and others at greater risk."

Jacobs warned that without snow cover, these adult ticks can be active in temperatures as low as 28 degrees F. "You could be hunting in a place, sitting on a log -- which actually would be one of the worst places to be -- as the sun comes up and the temperature rises," Jacobs warned. "It could be 30 degrees, and ticks could crawl off that log or from vegetation surrounding you. You may not think that ticks would be a problem when it's so cold, but in fact they can be active. Hunters also could encounter ticks on any deer they harvest. "Male ticks will stay with deer over the

winter," said Jacobs. "It becomes sort of a 'singles bar' for ticks, with the males waiting for the off-chance of finding a female hanging around to reproduce with.

### **EVEN MORE INTERESTING INFORMATION FROM CHATHAM COUNTY ABOUT DEER TICKS (BLACK-LEGGED TICKS)**

From December through February several neighbors in a Chatham County community began finding black-legged ticks (*Ixodes scapularis*) on their pets. These are the ticks that may transmit Lyme disease although it is not known how many may carry the bacteria in this area. A sample tick was taken to a state entomologist for identification. Although a study in the early 1990s found that these ticks are established in Chatham County, none of the 3 people finding these ticks this winter remember finding them on pets prior to the winter. Adult black-legged ticks are active in the winter, so no season is safe now. These ticks are more properly called *black-legged ticks* for their common name. The term 'deer' tick is used by many around here to mean the tiny nymph stage of the Lone Star tick. The larval stage is sometimes called 'seed' tick. Many people do not know there are 3 stages of growth for ticks and the common names get very confusing.

### **A SAMPLE LETTER TO ASK YOUR CONGRESSIONAL REPRESENTATIVES TO SUPPORT THE LYME DISEASE BILLS**

*Dear Senator (or Representative) \_\_\_\_\_:*

*I ask that you co-sponsor S .1479 to provide funding for Lyme disease research. As a \_\_\_\_\_(fill in with something about yourself or why you support this bill) \_\_\_\_\_, I can attest to the devastation this illness can cause.*

*Since you represent the State of North Carolina, where so many people are sick with tick-borne illnesses, I hope you recognize this national health crisis and will co-sponsor and support these bills.*

*Thank you.*

### **Florida Lyme Disease Legislation Introduced**

Florida's patient community has succeeded in having state Lyme disease legislation introduced in 2006 in Tallahassee. Companion bills HB 1013 (Homan) and SB 2022 (Wise) have now been filed and patients in partnership with doctors, advocates and constituents across the state are asking for insurance mandated coverage of long-term antibiotics and other newly-developed therapies as deemed medically necessary by the treating physician. Florida Lyme Advocacy (Lori Hoerl, Founder and Director), Life Lyme (Sandi Lanford, Founder and Director), and Pam Marks (Gulf Coast Advocate) have been instrumental in this collaborative patient effort. The national Lyme Disease Association has provided input and support throughout the process. View bills - <http://www.myfloridahouse.gov/>. Email [lorbell1@aol.com](mailto:lorbell1@aol.com) to find out how you can help with passage.

### **THE CHATHAM COUNTY TICK PROJECT, SUMMER 2005**

*In December 2005 TIC-NC president, Dr, Marcia E. Herman-Giddens, attended a presentation, "Tick-borne Disease Update," to state workers by state epidemiologist, Dr. Jeff Engel. Members of the state Vector Disease Task Force, lab technicians, state entomologists, and others concerned with vector-borne diseases were present. Information was presented about*

*the Chatham Project as well as the Dr. Engel's assessment of tick-borne diseases in NC. We are writing up a description of the project and comments on Dr. Engel's assessment and hope it will be available soon on our new website.*

## **THE Centers for Disease Control WEB SITE CHANGES**

The CDC has made some changes in the information on tick-borne diseases. One principal difference is that they have added a link to the 2000 Infectious Disease Society of America's guidelines for treatment of Lyme disease (<http://www.journals.uchicago.edu/CID/journal/issues/v31nS1/000342/000342.html> ). The CDC did not provide a link to the other standard of care for Lyme disease, that from the International Lyme and Associated Diseases Society Yr 2005 Lyme disease treatment guidelines ([http://www.ilads.org/burrascano\\_0905.html](http://www.ilads.org/burrascano_0905.html) ) It might be helpful to write the CDC and your congressional representatives to ask why, if the CDC is going to link to a private organization, that they do not provide links to both standards of care for Lyme disease since the issue is controversial and patients have a right to know about both standards.

## **IF YOU FIND A TICK ON YOURSELF OR SOMEONE YOU KNOW**

After you remove the tick, if you are not sending it in for identification (see Fall Newsletter for instructions) *be sure to save the tick* by taping it to an index card or putting it in alcohol. It is a good idea to keep them, noting the place where the bite was and the date. You never know when the information might be useful or helpful. If you get a rash, take a photo.

## **NEW BOOK. *Confronting Lyme Disease: What Patient Stories Teach Us***

A new book by Karen Yerges and Rita L. Stanley, Ph.D, *Confronting Lyme Disease: What Patient Stories Teach Us* will be available for sale in Spring 2006. You can visit the book's website at [www.confrontinglyme.com](http://www.confrontinglyme.com) to view a sampling of the book's contents and information about the authors. The book will be available for purchase from this site in the future.

## **SPRING IS COMING SO TAKE PRECAUTIONS TO PROTECT YOURSELF FROM TICKS**

As soon as the weather warms up it is not safe to walk in the woods, tall grass, or places with leaf litter without taking precautions against ticks. Nymph Lone Star and black-legged ticks are most active in the spring.

Even in the winter adult black-legged (deer) ticks may be active. The South Coast Today Standard-Times Daily, February 15, 2006 printed: *"Last weekend's colder temperatures are not occasion to let your guard down. If it is very cold or if there is snow cover, you are not likely to encounter them. But the temperature in micro-environments can be warm enough for them, kind of like how if your car is parked in the sun on a cold day; the car is warm inside despite the cold*

outside. They find spots that warm in the sun despite the cold temperature."

## **IGENEX LABORATORY CLIA (Clinical Laboratory Improvement Amendments) CERTIFICATE OF COMPLIANCE**

Some medical providers like to use Igenex Laboratories in California for tests for Lyme disease and other tick-borne infections. At times, the quality of the laboratory has been questioned, apparently inappropriately. If this lab is used, it might be helpful to have a copy of the CLIA Certificate, which is on the next page.

### **OUR NEWSLETTERS**

We plan to send email newsletters from time to time when we have information of interest. We will keep our readership informed about volunteer opportunities. Please let us know if you have any information that you would like included in future newsletters. Also, let us know if you have any questions or topics you would like covered.

### **ATTENDANCE AT PROFESSIONAL MEETINGS**

Our president has attended:

- North Carolina state meeting of Infectious Disease, Epidemiology, and Entomology staff to discuss the Chatham County tick study of Summer 2005, Raleigh, December 8, 2005

*Tick-Borne Infections Council of North Carolina is a non-profit organization formed to improve the recognition, treatment, control, and understanding of tick-borne diseases in North Carolina. We are all-volunteer and appreciate donations.*

#### Board

Marcia E. Herman-Giddens, PA, DrPH, President	Pittsboro
Gretchen Witzgall, Vice-president	Apex
Geri Brower, Treasurer	Asheboro
G. Faye Orr, Secretary	Pittsboro
Trish Clark, MD, Director	Pittsboro
Amy Brown, Director	Chapel Hill

---

## **FORMS**

Forms are available at our new website or email us at [info@tic-nc.org](mailto:info@tic-nc.org):

### **REGISTRY FORM**

You have all probably seen and/or filled out our Registry Form for persons with tick-borne infections. If you need more please email [info@tic-nc.org](mailto:info@tic-nc.org).

**MEMBERSHIP FORM**

Please get your family members, friends and neighbors to join. A form is included below or on our website.

**BROCHURE**

Please contact info@tic-nc.org if you need brochures to leave at stores, organizations, or with friends, etc. You can also download our color brochure from the web site.



If you currently hold a Certificate of Compliance or Certificate of Accreditation, below is a list of the laboratory specialties/specialties you are certified to perform and their effective date:

LAB CERTIFICATION (CODE)	EFFECTIVE DATE	LAB CERTIFICATION (CODE)	EFFECTIVE DATE
BACTERIOLOGY (110)	09/15/2003		
PARASITOLOGY (130)	09/28/2005		
GENEAL IMMUNOLOGY (220)	09/20/933		

FOR MORE INFORMATION ABOUT CLIA, VISIT OUR WEBSITE AT [WWW.CMS.HHS.GOV/CLIA](http://WWW.CMS.HHS.GOV/CLIA) OR CONTACT YOUR LOCAL STATE AGENCY. PLEASE SEE THE REVERSE FOR YOUR STATE AGENCY'S ADDRESS AND PHONE NUMBER. PLEASE CONTACT YOUR STATE AGENCY FOR ANY CHANGES TO YOUR CURRENT CERTIFICATE.



Tick-borne Infections Council of North Carolina, Inc  
**MEMBERSHIP FORM**

Please join us to help us lessen the impact of tick-borne infections in NC and to assist us with our registry of persons affected by tick-borne infections.

Date \_\_\_\_\_

*There is no charge to become a member. Donations are encouraged.*

NAME \_\_\_\_\_

May print name publicly       List as anonymous

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Cost to join: *none*

Donation levels:

\$5-15 Individual \_\_\_\_\_      \$50 Sustaining \_\_\_\_\_  
\$25 Family \_\_\_\_\_      \$100 TIC-NC Circle \_\_\_\_\_      Other \$ \_\_\_\_\_

*We need your help!* Are you interested in volunteering to help us with?

Data collection \_\_\_\_\_      Publicity \_\_\_\_\_      Fundraising \_\_\_\_\_

Data entry \_\_\_\_\_      Developing educational materials \_\_\_\_\_

Other \_\_\_\_\_

If donating, please make check out to TIC-NC, Inc and mail to:

Tick-borne Infections Council of NC, Inc

205 Lloyd Street, Suite 201

Carrboro, NC 27510

919.542.2529      info@tic-nc.org      www.tic-nc.org