

Lyme disease alive and well in this area says Keith Poullos

Lyme disease is alive and well in Canada so we had best learn all we can about it. We may have to become our own physicians, says Keith Poullos of rural Limehouse, a member of the Canadian Lyme Disease Foundation.

Lyme disease is a bacterial infection primarily acquired by the bite of a tick (which is about the size of a poppy seed). Ticks are members of the same family of spiders; they are not insects and therefore they have eight legs not six (except in the larval stage). The species of ticks that transmit Lyme disease are found throughout Canada and are transplanted randomly by migratory birds.

There is no area in Canada where there is no risk of Lyme disease. Other forms of transmission are also possible.

Much of what has been

written in the medical textbooks that educate our physicians about Lyme disease is now proving to have been incorrect, it has been said that Lyme disease was easy to diagnose and easy to treat. Very wrong, says Poullos who has been campaigning for more recognition of the disease for years.

Lyme disease is known as the great imitator because it can resemble many diseases and syndromes. Research has shown that symptoms can mirror (or trigger) multiple sclerosis, Alzheimer's disease, Lou Gehrig's disease, psychiatric disorders, irritable bowel syndrome and legions of other diagnosis. Symptoms can change, come and go, and may affect every system of the body. Overwhelming fatigue and cognitive problems are hallmarks of late stage chronic Lyme disease.

Recent research from different countries has confirmed what patients knew all along: Lyme disease bacteria can survive the short term antibiotic period recommended in guidelines. In the past these people with treatment failure were said to have been cured and that they had developed a never-proven auto-immune disorder. The were told chronic Lyme disease does not exist. Now, we know that chronic but treatable Lyme disease is not only plausible, it is proven.

Testing for Lyme disease is poor at best here in Canada, says Poullos. The two-tier method adopted by Canadian laboratories for diagnosis was not designed for diagnosis. It was designed in 1994 for surveillance. It is adequate for that purpose, but in no way is it accurate enough to be involved in the med-

ical diagnostic equation when lives are at stake. False negative results lead physicians too often away from the diagnosis.

Universities on all continents have published research showing just how poor these tests are yet Canadian health authorities continue to imply is accurate and will often refuse to recognize other more reliable testing, Poullos says.

Most patients who suspected they may have Lyme disease have been told by their doctor they don't have it based upon information the doctors have learned through some form of medical community grapevine.

Poullos says doctors' education, on Lyme disease must be priority and unrestricted by their peers and colleges.

Doctors must be left to do their jobs without fear of repercussions.

Marg Bromby has been busy...

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forces, two in the Army, and the other the Navy.

Marg has many hobbies, enjoys golfing, walking, bowling, darts, playing cards, being on the computer and traveling. She traveled with her husband to England and visited the area her parents were from. After husband Ron died in 1988, she continues to travel with friends. She has visited Las Vegas many times, cruising the Mediterranean. (In fact they were due to fly home the day after the two planes struck the Twin Towers in New York, making their return travel plans very difficult). She has also visited many parts of Canada and the United States.

Marg moved to Acton in 1999 to be closer to her daughters. Daughter Terry, her husband Walter and their 16 year old daughter Morgan, live in Cambridge. Donna and her husband Mike live in Erin with their four sons Eric 21, Bret 18, Christian 16 and Alexander 12.

Marg has been a member of the Acton Golf Course since 1993, and played there for many

years (back when it was still nine holes). She was captain of the Tuesday morning ladies golf group for four years, took a short break, and is now once again captain in her second year.

A Life Member at Swansea Legion Marg transferred her membership from the Swansea Branch to the Acton Branch in 2003 and is a very dedicated member. She is still cooking, serving at banquets and is sports officer for the Ladies Auxiliary.

She joined the Acton Seniors Recreation Centre in 1999 and was a board member and chair of the membership committee for two years. She was also on the social committee for five years. (Still cooking and serving).

Seven of Marg's siblings are still alive and one of her brothers lives in Dartmouth. The remainder are scattered around Ontario.

A busy lady who still manages to find the time to volunteer when ever asked.

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FAX: 519-853-1559
379 Queen St.,
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