

## My Lyme Symptoms and Chronology

<b>Date</b>	<b>Symptom</b>	<b>Frequency</b>
<b>2007</b>	<b>Floaters, eye problems</b>	<b>Permenant</b>
<b>2008</b>	<b>Swollen Lymph gland: Lymphadenopathy; rare</b>	<b>Surgery</b>
<b>2009</b>		
<b>Early to mid year</b>	<b>Profuse sweating with light activities.</b>	<b>4-5 events *</b>
<b>Ditto</b>	<b>General feeling of being unwell/very unwell</b>	<b>same time</b>
<b>“</b>	<b>Dizziness and Nausea</b>	<b>same time</b>
	<b>Chest pain, tightness in the chest</b>	<b>3-4 times, few days each episode</b>
	<b>Visual problems (Ocular Migraine)</b>	<b>3-4 occ lasting 10-15 min</b>
	<b>Numb fingertips/Pins and Needles</b>	<b>3-4 occasions lasting 30-60 min</b>
	<b>Headaches</b>	<b>Occasional.</b>
	<b>Knee joint pain</b>	<b>4-5 occasions lasting 2-3 hours</b>

## HURDLE 1 CLINICAL SYMPTOMS



## *N-of-ONE Case Study*

*Daily meetings for the last 73 years.*

## PATIENT SYMPTOMS

### General

- 8 Fatigue, extreme weariness.
- 8 Symptoms vary and remitting/relapsing
- 7 Low BODY temperature (and variable)
- 7 Painful enlarged Lyme glands
- 5 Nausea
- 5 Night and day sweats
- 4 Vertigo, loss of balance
- 4 Headaches
- 3 Dry cough
- 2 Dizziness
- 1 Flu like
- 1 Blood pressure and pulse fluctuations
- 0 Red circular (bull's eye) rash

### Optical

- 7 Floaters, grey/white veils, fleeting shadows
- 7 Partial temporary blindness, Painless migraine
- 7 Blurred and double vision
- 3 Light sensitivity

### Aural

- 7 Tinnitus
- 7 Noise sensitivity
- 6 Hearing loss

### Gastrointestinal

- 6 Bloating, diarrhoea
- 6 Abdominal pain

### Musculoskeletal

- 8 Chest pain
- 7 Knee pain/joint pain
- 7 arthritis (pain)
- 6 Neck pain
- 0 Muscle pain

### Neurological

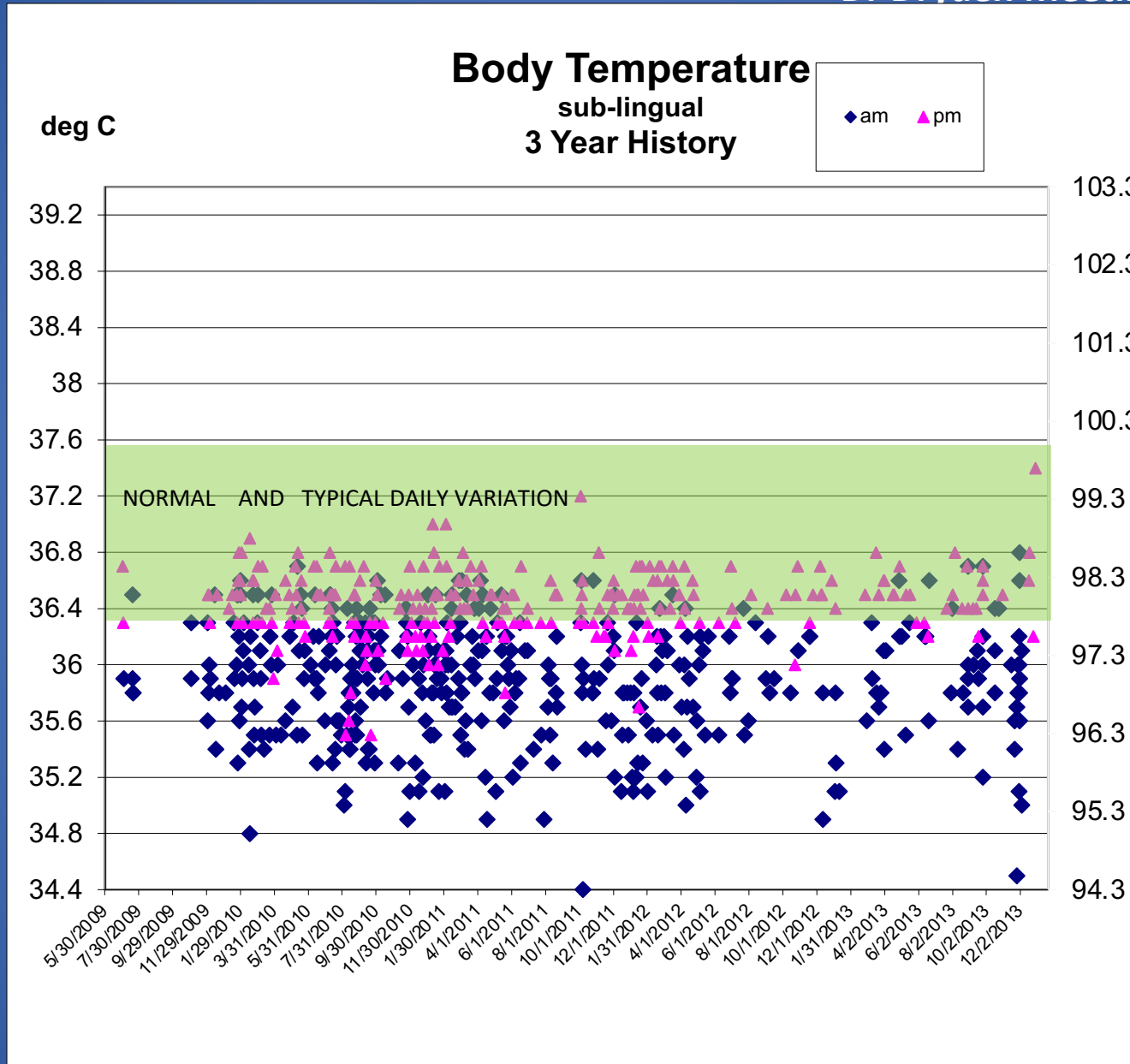
- 5 Insomnia/vivid dreams
- 5 Clumsy
- 5 Restlessness
- 4 Involuntary jerking, twitching.
- 3 Pins & needles/numb fingers
- 0 Facial palsy

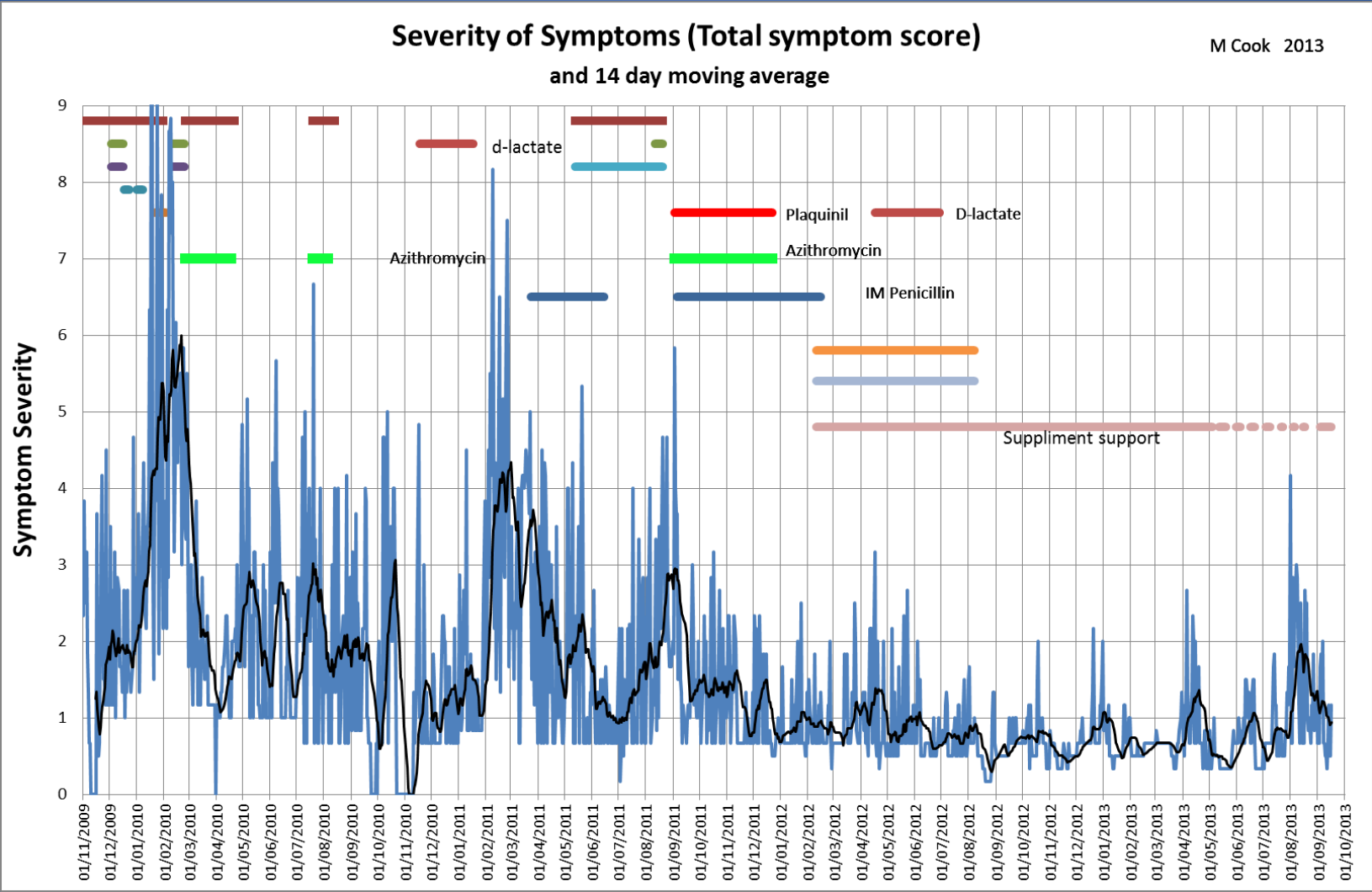
### Cognitive

- 8 Confusion/concentration
- 8 Short term memory loss
- 8 Problems with arithmetic
- 8 Lost when walking driving
- 7 Dyslexia
- 7 Speech problems/ word search

### Psychological

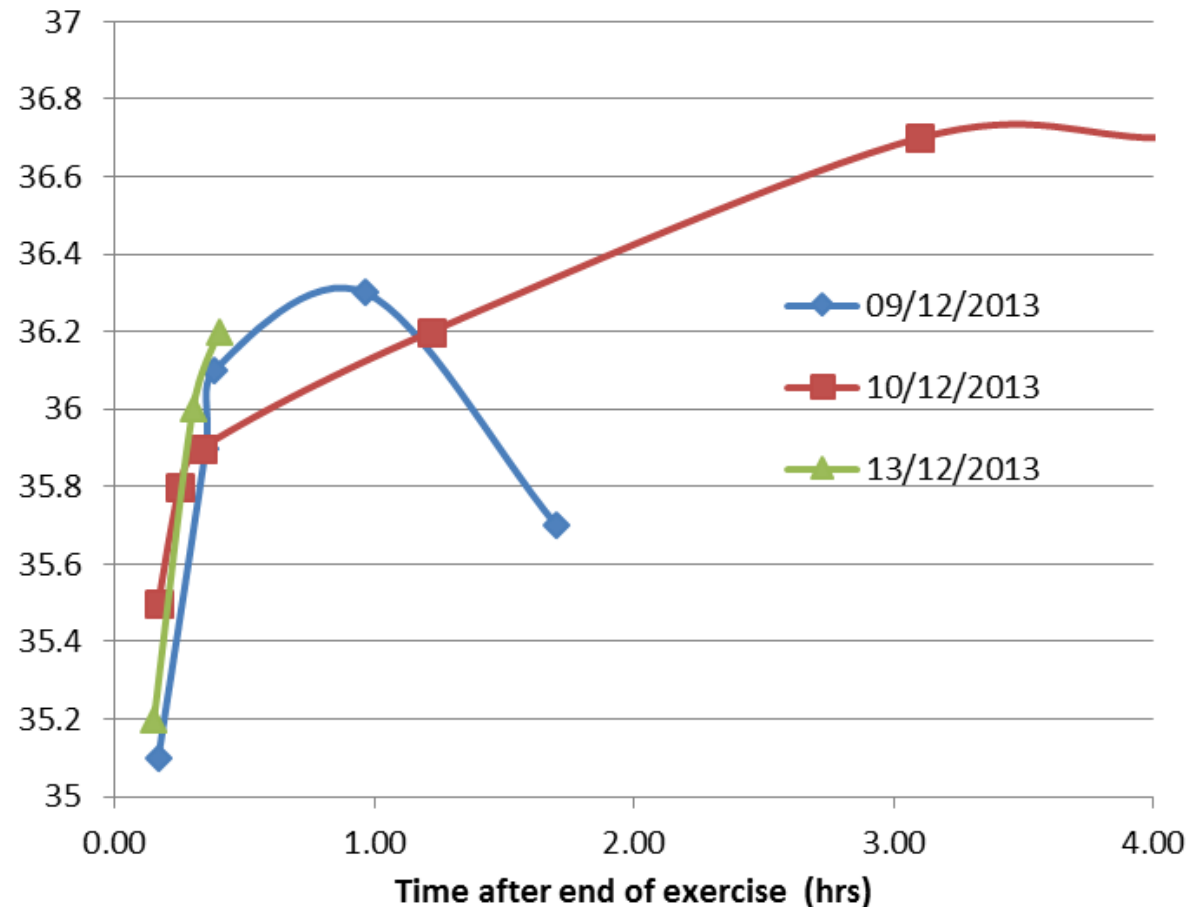
- 8 Depression, thoughts of suicide
- 7 Irritability
- 7 Anxiety
- 7 Paranoia
- 6 Mood swings





# Link between exercise, fatigue and body temperature

## Sublingual temperature (deg C)



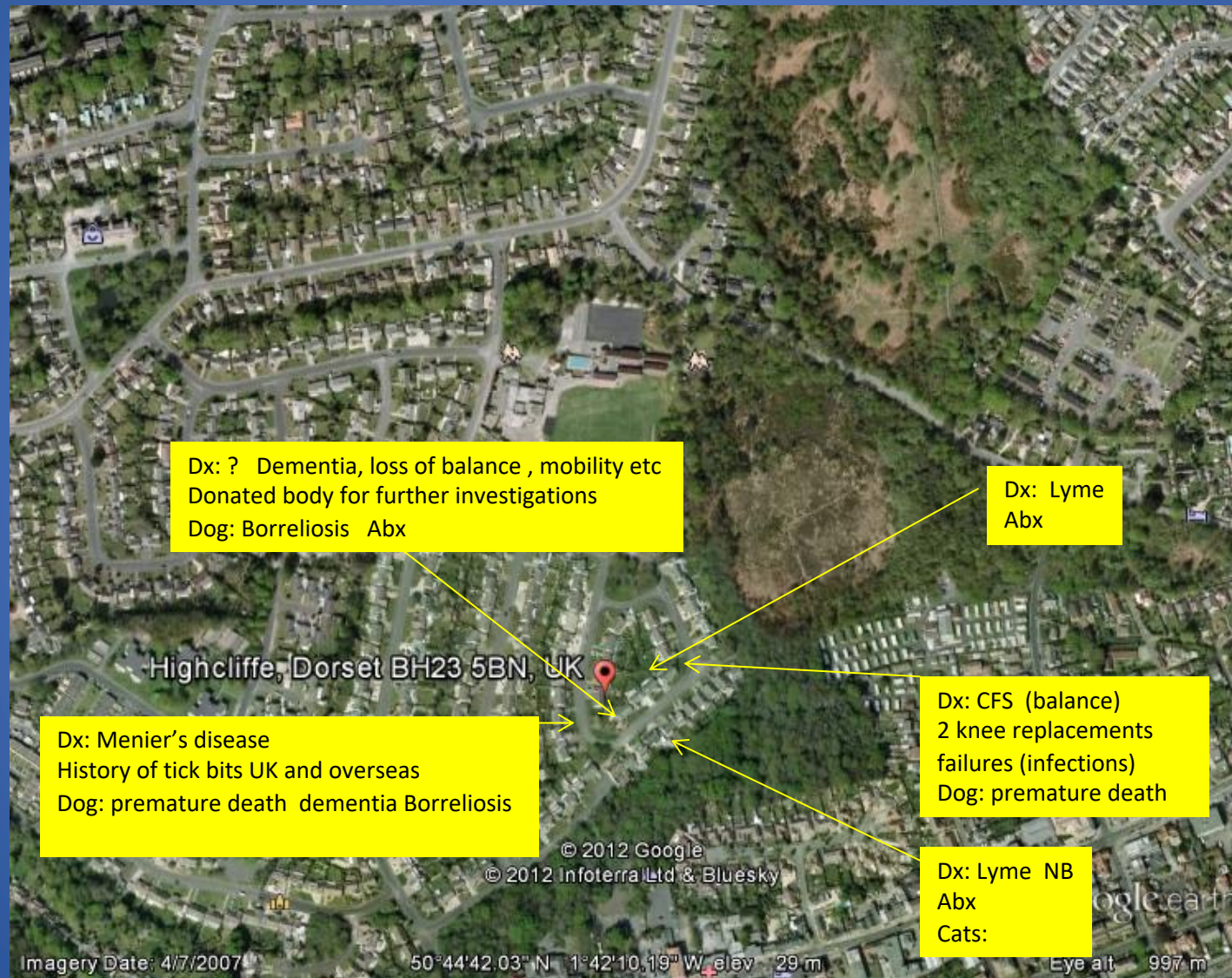
8:40 9/12/2013 Left home  
8:55 Arrive supermarket  
9:55 Arrived home, feeling washed out

8:20 10/12/2013 Left for hospital  
9:50 Returned, weary, air hunger

8:30 13/12/2013 Went to supermarket  
9:18 Returned and unpacked, weary

# Risk factors

## Urban Woodland and Fragmentation



## HOW TO MAKE A DISEASE DISAPPEAR

# It's not magic

1. Say its rare..... And not serious... and attack those that say otherwise.
2. Under-report positive cases.
3. Use poor insensitive tests and methods
4. Divide the disease into “Acute” and “Chronic” and then say “Chronic Lyme” is not an active disease but a syndrome that should not be treated.
5. To diagnose neurological Lyme require invasive CSF tap and use an unvalidated “Intrathecal” test.
6. Eliminate it from the EU disease surveillance

Review of a sample of Western Blot Serology tests from 2008 to 2011

<b>LBU Western Blots</b>	<b>CSF</b>	<b>Serum</b>	<b>All</b>
<b>Total strips</b>	43	126	169
<b>Total patients</b>	25	82	107
<b>Patient positives (lab circled)</b>	1	12	13
<b>% Patient positives</b>	<b>4%</b>	<b>15%</b>	<b>12%</b>

# Activities

- Author Co-author 15 papers published in medical journals
- 12 presentations including conferences UK, US, France
- Book chapter From New York to the UK. In: Raxlen B, Cashel A, editors. Lyme Disease: Medical myopia and the hidden global pandemic. First. London: Hammersmith Health Books; 2019
- 16 Reports/Letters Medical authorities, Journals
- With 2 colleagues identified major problems with Lyme Reference Lab. Reported to UKAS Nov 2011 Investigation report written 26 Dec 2011. January decision to shut down laboratory and transfer work to RIPL