



## *Navigating Your Way Back to Good Health*

### **Preparing For Your Doctor's Appointment**

First step, if not already done, is to ask your family physician to test you for lyme and several other vector-borne illnesses. Lyme, anaplasmosis, babesiosis are all reportable and present in Manitoba. *Borrelia miyamotoi* is an emerging borrelia infection and should be considered. Other strains (eg European / Asian) strains should also be considered and tested for. Different criteria are used in determining positive or negative for the European and Asian strains.

Take the Manitoba Health Physicians Letter with you. It highlights the reportable tick-borne diseases in Manitoba as well as their symptoms, etc. To find the letter, visit the Manitoba Health website. The Physicians update is usually at the top of the "For Health Care Providers" section. The most recent letter is dated September 2019: [RE: Tickborne Infections in Manitoba \(gov.mb.ca\)](#) Here is the link to the Manitoba Health Tick-borne Resources page: [Resources - Tick-Borne Diseases | Health, Seniors and Active Living | Province of Manitoba \(gov.mb.ca\)](#).

We also encourage you to review our document "Preparing For Your Doctor's Appointment" for some good suggestions. Here is the link to it: [how\\_to\\_prepare\\_for\\_your\\_appt\\_with\\_llmd\\_or\\_llnd.pdf \(manitobalyme.com\)](#)

### **Symptoms**

The Horowitz Symptom Check list questionnaire helps you determine as to the likeliness of you having a tick-borne illness. Here is the link to the questionnaire: [Horowitz LymeDiseaseQuestionnairev2Nov3\\_HinerEdits.xlsx \(manitobalyme.com\)](#)

Please be sure to keep track of your symptoms before, during and after treatment. Here is a link to a Symptom Checklist and Chart that may be of assistance to you: [symptom\\_checklist\\_and\\_chart.pdf \(manitobalyme.com\)](#)

There are more documents available in the File section of our Private Facebook Group.

## Learning the Lingo

Check out our document with frequently used Lyme terms and abbreviations:  
[lyme\\_abbreviations.pdf \(manitobalyme.com\)](#)

## TICC Service

We are fortunate to now have a Tick Collaborative Care Service (TICC) in Winnipeg with Dr. Stephen Goulet (Internal Medicine Specialist) as the lead. For information about the TICC Service, it's purpose and how to get referred, please visit their website at <https://professionals.wrha.mb.ca/tick-collaborative-care-service/>. Although one does not have to have a positive lyme test (only symptoms), a referral from one's family physician is required. If your family physician refuses to refer you, the TICC Service has put a "Reverse Referral Process" in place. Instructions on how that works is on their website.

There is a waiting list to get into the Clinic, so you may wish to approach your family physician to provide you with treatment as outlined on the Manitoba Health website even if your mainstream tests come back negative. It is important to note that a negative test does not rule out lyme or the possibility of other tick-borne infections. If your family doctor is open to investigating other treatment options on your behalf such as those from the International Lyme and Associated Diseases Society (ILADS), a link to Ilads can be found on the Public Health Agency of Canada website at [For health professionals: Lyme disease - Canada.ca](#). Scroll down towards the bottom of the page. The Ilads link can be found under the section "For More Information – International Guidelines".

If your doctor is unwilling to treat you without a positive test result, but you are anxious to embark on some kind of treatment while you wait to get into the clinic, you may wish to consider seeking out a good Naturopathic Doctor. They have access to private labs that specialize in vector-borne testing. The ND's can also provide treatment options other than antibiotics. They are also helpful at providing important support while undergoing antibiotic treatment. However, all of this costs money even though some aspects may be covered depending on what kind of health coverage you have. Two of the primary lyme Naturopathic doctors in Winnipeg are Dr. Jason Bachewich (The Nature Doctors) and Dr. Dean Schrader (The Centre For Natural Medicine). Here are links to their websites. As well Dr. Bachewich has a separate site dedicated to lyme.

<http://thenaturedoctors.ca/>

<https://www.lymedoc.net/>

<http://www.naturalmedicine.mb.ca/>

The private labs that are most typically used by the ND's are Armin Labs, Germany ([www.arminlabs.com](http://www.arminlabs.com)) and Igenex in California ([www.igenex.com](http://www.igenex.com)). They do require a doctor's requisition (ND or MD). One would then have their blood drawn and then shipped off to the lab. You could check to see if your family doctor would be willing to fill out the requisition but

if not, you would have to make an appointment with a Naturopathic doctor. The Naturopathic doctor can help guide you on which tests to order based on your symptoms.

Here is the link to the Manitoba Lyme Website. Check out our links of interest page for other sites of interest and resources including some great books! [www.manitobalyme.com](http://www.manitobalyme.com)

**Wishing You Restored Good Health!**