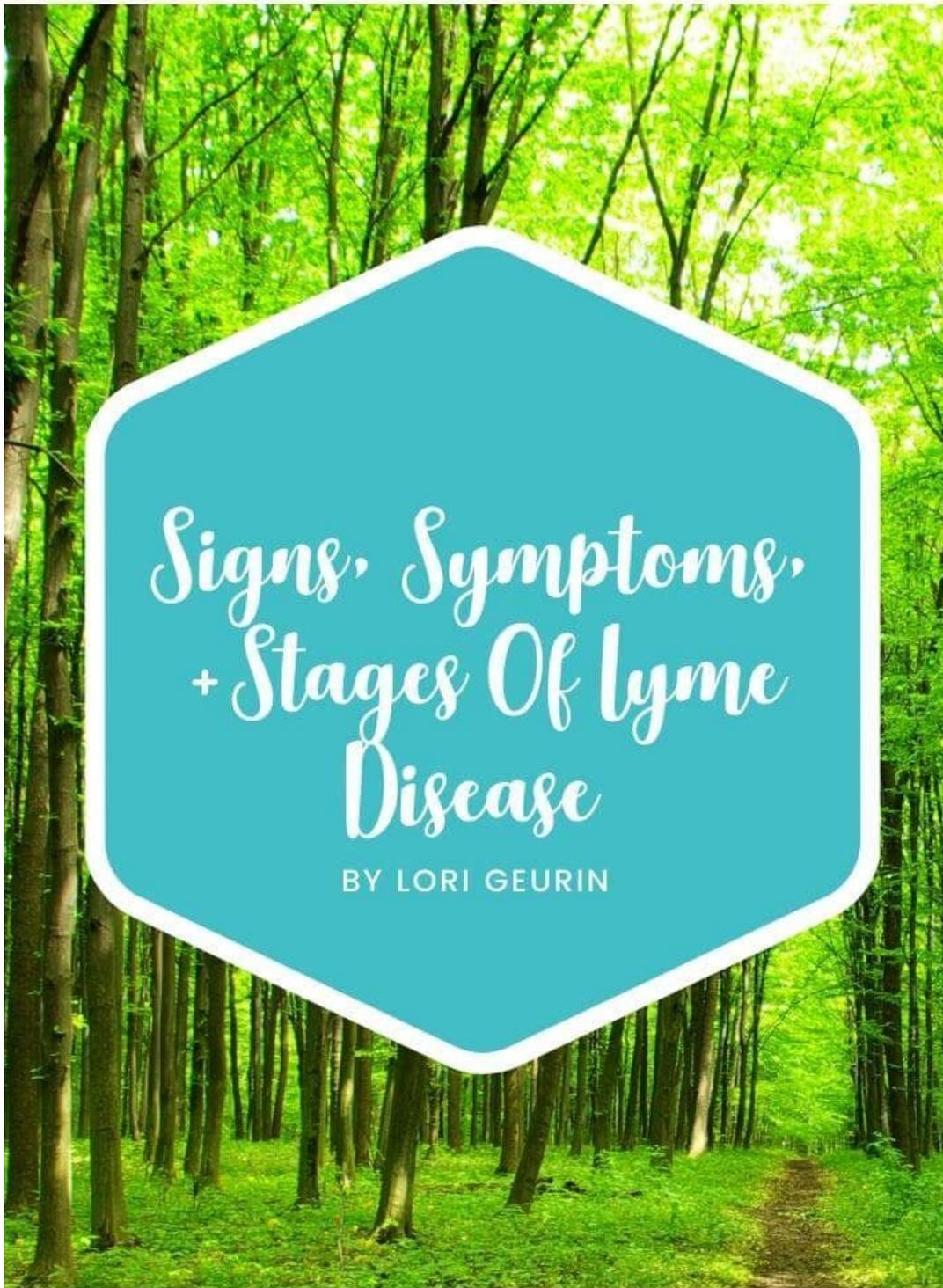


WELLNESS FOR LIFE



*Signs, Symptoms,
+ Stages Of Lyme
Disease*

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Signs, Symptoms, And Stages Of Lyme Disease

Stage 1: Early Localized Lyme Disease (1 to 4 weeks)

This stage can develop from days to weeks after becoming infected.

Symptoms may include:

- Rashes – Less than 50% of Lyme patients remember developing a rash. Sometimes the rash looks like a bulls-eye. This is referred to as erythema migrans (EM). It is a myth that you must have this rash to have Lyme disease (1). I did not ever see a bull-eye rash but have developed a number of unusual red and splotchy rashes since the tick bites (for more on rashes, keep reading below).
- Flu-like symptoms, such as fever and chills, fatigue, headache, pain, or stiffness in the neck and swollen lymph nodes (2).
- Nausea, dizziness, and vomiting

Stage 2: Early Disseminated Lyme Disease Infection (1 to 4 months)

This stage develops when the disease is not found and/or treated properly soon after infection. At this point, the infection can begin to affect the joints, heart, nervous system, and skin.

Symptoms may include:

- More rashes that start to appear in different parts of the body due to the infection spreading
- Paralysis of the facial muscles, or Bell's Palsy
- Fainting
- Headaches or migraines
- Painful, swollen joints, such as the knees
- Heart palpitations or Lyme carditis
- Conjunctivitis, or pink eye

- Meningitis – swelling of the brain

Stage 3: Late Persistent Lyme Disease, Or Chronic Lyme

Failure to treat Lyme promptly can cause damage to the brain, joints, and nervous system. This is the most serious stage.

Symptoms may include:

- Extreme exhaustion which is not relieved by sleeping or resting
- Inability to control facial muscles
- Heart problems, such as pericarditis
- Tingling and numbness of the hands and feet
- Arthritis, often in the larger joints, such as the knees
- Short-term memory loss
- Confusion
- Difficulty thinking or reasoning
- Difficulty speaking
- Getting lost, even in familiar areas
- Anxiety, panic attacks
- Seizures
- Tremor
- Sensitivity to sound, light, and smells
- Headaches and migraines
- Mood swings, depression
- Sleep disorders
- Migrating joint and muscle pain
- Vertigo
- Difficulty hearing
- Vision difficulties
- Weight gain or loss
- “Air hunger”
- Pain in the chest or ribs
- “Heart block”
- Neck pain, stiffness and cracking

- Night sweats
- Erectile dysfunction
- Heart murmur or valve prolapse
- Light-headedness, dizziness
- Menstrual irregularity

Thank you so much for reading this Lyme disease resource. I truly hope you found it useful. If you would like more information about Lyme and other tick-borne illnesses I developed an informational guide to help you learn more - [Lyme Disease 101 Guide: The Facts](#).

X, Lori

