

No Lyme disease evaluation as part of a post-COVID-19 assessment?

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<https://danielcameronmd.com/no-lyme-disease-evaluation-as-part-of-a-post-covid-19-assessment/>

Welcome to another Inside Lyme Podcast with your host Dr. Daniel Cameron. In this episode, Dr. Cameron will be discussing a paper which makes no mention of a Lyme disease evaluation as part of a post-COVID assessment.

By [Dr. Daniel Cameron](#)

The case was first described by Roth and colleagues in the journal *Global Advances in Health and Medicine*, in a paper entitled [“Addressing the Long COVID Crisis: Integrative Health and Long COVID.”](#)¹

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A 44-year-old man was evaluated for Long COVID seven months after a mild COVID-19 infection. “He had pre-existing type 2 diabetes, complained of daily headache, fatigue with excessive daytime sleepiness, and brain fog,” wrote the authors.

“Although he had seen numerous specialists, including a neurologist, ophthalmologist, and otolaryngologist prior to presentation, his symptoms persisted.”

“A 48-year-old female who presented to the clinic 9 months after mild COVID-19 infection with lingering symptoms of worsening migraine headache, non-exertional shortness of breath (SOB) without wheezing, episodic chest pain and palpitations, frequent panic attacks, and fatigue. She had a medical history of controlled mild intermittent asthma, hypertension, migraine, and a history of right carotid artery dissection 10 years ago,” wrote the authors.

A patient seen 7 months post-COVID presented with lingering symptoms of anosmia and dysgeusia, loss of appetite with 20 pounds unintentional weight loss, joint pain, brain fog, and extreme fatigue.

A broad range of illnesses might explain post-COVID manifestations in these three patients, including Lyme disease. There was no mention of a Lyme disease evaluation as part of their initial post-COVID-19 assessment. Lyme disease manifestations of Lyme disease include extreme fatigue, headaches, brain fog, panic attacks, sleep disturbances and joint pain.

These patients improved with various treatment regimens. “The team uses a combination of symptomatic management and self-care to help patients recover, combining conventional medicine with an

individualized integrative health care plan based on the patient's symptoms, life goals, medical needs, and lifestyles," wrote the authors.

Unfortunately, all three patients described had lingering symptoms. There was no mention of a Lyme disease evaluation as part of their follow-up post-COVID-19 assessment.

The following questions are addressed in this Podcast episode:

1. What is post-COVID?
2. What are other names for post-COVID?
3. How often does post-COVID occur?
4. How many cases are there of post-COVID?
5. What are the similarities between post-COVID and Lyme disease?
6. What are the consequences if Lyme disease is not recognized?

Thanks for listening to another Inside Lyme Podcast. Please remember that the advice given is general and not intended as specific advice to any particular patient. If you require specific advice, please seek that advice from an experienced professional.

Inside Lyme Podcast Series

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References:

1. Roth A, Chan PS, Jonas W. Addressing the Long COVID Crisis: Integrative Health and Long COVID. *Glob Adv Health Med.* 2021;10:21649561211056597. doi:10.1177/21649561211056597

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