

PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: June 29 2016

Contact: Emily Brown, 946-2110 ext. 121
Glen Road, Jay, New York 12941
Phone: 518.946.2110 Fax: 518.946.2188
Email: ebrown@wardlumber.com

LYME DISEASE IN THE ADIRONDACKS: PREVALENCE, DIAGNOSIS AND TREATMENT SEMINAR AT WARD LUMBER WAS A HUGE SUCCESS

Presented by:

Dr. Lee Ann Sporn, Holly Ahern MS, MT (ASCP) and Dr. Ronald Stram

Ward Lumber was filled with over 60 people last night, Tuesday, June 28 2016 for the Lyme disease in the Adirondacks Seminar presented by three esteemed professionals: Dr. Lee Ann Sporn, Holly Ahern MS, MT (ASCP) and Dr. Ronald Stram.

The night started with Dr. Lee Ann Sporn of Paul Smith's College giving an in-depth and fact based presentation on the increasing number of ticks found in certain areas of the Adirondacks and explained how ticks in these areas are behaving differently than in other locations where they have existed for years. A large misconception is that ticks originate with the disease and then pass it on to other animals and humans. However, in actuality small mammals such as mice, chipmunks etc. carry the disease and then infects another tick when it bites the small mammal. This tick then carries the disease to other entities. For this reason, Sporn has spent a great deal of time and energy not only collecting and examining ticks but also sampling the small mammal population of the North Country. Sporn warns that the areas that are on the edges of already infected areas are the "leading edge" meaning that despite low tick densities it is just as dangerous because of the misinformation and lack of information that the public has. She urges that everyone be aware and conscious when venturing out into the beautiful Adirondack region because the ticks are there, and exposure is a real possibility.

Holly Ahern MS, MT (ASCP) of SUNY Adirondack spoke next and is an invested researcher for the microbiology behind Lyme disease. She became involved after finding out her daughter was infected and has devoted her life to continued research and education on the topic. She is the co-founder of Lyme Action Network which provides educational programs and literature to the public. Ahern explains that one of the largest areas of concern in the diagnosis of Lyme disease is that the definition of Lyme and the actual experience of patients with Lyme are totally different. This often causes tensions between patients, health care providers and government officials because there is currently no easy way to discern if someone has or does not have Lyme. The current test: Enzyme-linked immunosorbent assay (ELISA) test, Ahern explains is "very inaccurate" and more often than not, approximately 50% of the time, produces a false negative reading. In hopes to further understand and be able to detect the disease Ahern is working closely with Northern Arizona University and their tick research team. She

encourages anyone who finds a tick to send it to the research team for further testing and information.

Last to speak was Dr. Ronald Stram, founder and medical director of the Stram Center for Integrative Medicine. He spoke on the idea of treating the whole system when treating Lyme. This meaning that the body in toxic form will have a worse time trying to fight for itself, instead people should aim at detoxifying their body in order to see better results and improved living condition. Stram highlighted the three phases of detoxification using certain elements and specifically encouraged the audience to use this three phase system. Phase one has the goal of improving the pathway for nutrients, foods which do this are “earth foods” meaning anything that comes from the earth and is full of nutrients, vitamins and minerals. Specifically grapefruit and garlic have been proven to be inhibitors for Phase one. Phase two being to improve the efficacy of Nrf2 through consuming flavonoids, magnesium, and vitamin B through foods such as green tea, and curcumin. Phase three has the goal of increasing the efficacy of final transport and excretion. This is done through implementing a high fiber diet and foods containing high levels of magnesium. Stram also highlighted the need for high levels of COQ10 in the body as it “regenerates ATP, which is necessary in all detox phases”. Overall, Stram believes that treating the body as one and helping it to perform better on the whole is the best treatment for Lyme at the current time.

After the presentation a question and answer forum was opened up and the true passion for this topic was very apparent among both the presenters and audience members. More than once, audience members inquired about proper testing in the Adirondacks. Currently the only test that exists is faulty at best as addressed earlier and as Stram directly stated Lyme disease is the “least funded infectious disease” with numbers so low, there is a very small possibility that a reliable test will be available.

Another audience member mentioned that there was a Lyme vaccine before that has been discontinued and was curious as to why. Ahern explained that the old vaccine stopped being administered due to a class action law suit when the vaccine began causing disease like symptoms; that vaccine is still available for administration to horses and dogs however, humans have been excluded. She also explained that there is a new vaccine for humans in the works, however, currently it is only 70% effective and requires multiple boosters. She encourages that rather than creating a vaccine for the disease, research should be going towards funding an anti-tick vaccine. She said, “we need an anti-tick vaccine to prevent ticks from cementing themselves onto you,” this would prevent Lyme from even being able to enter your system in the first place. Research for this is in place but there is no specific developments as of yet.

A large consensus among the audience and the presenters was that many doctors and nurses in the area are either ill-informed of Lyme or refuse to believe it is a true malady. This feeling of discontent could be seen through the blunt comments that were made by many audience members who have gone seeking medical attention and been turned away with the notion that Lyme isn't real. Stram said it is now our job to help educate our health care providers and to press on them that “willful ignorance is not an option... use the facts...the problem is as primary care docs you get influenced by your experts...but the information and the research are not there” rather these doctors should be influenced by society and what society is asking for.

The common disbelief that Lyme should be considered as a diagnosis will hopefully be changing in the near future thanks to the efforts of Dr. Sporn interacting with local

physicians and health boards. Sporn created and distributed a pamphlet of information about the number of ticks, infection rates and the statistics. For access to this pamphlet feel free to email us at ebrown@wardlumber.com.

To see the full presentation, head over to Ward Lumber's facebook and see the recorded live videos. Ward Lumber would like to say thank you to all of our presenters for joining us and raising the much needed awareness in the North Country.

END