



# Wellness 2015

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For education materials and additional information, please visit [www.cdc.gov/cancer/preventinfections](http://www.cdc.gov/cancer/preventinfections).

For more information, visit CDC's Web site at [www.cdc.gov/24-7](http://www.cdc.gov/24-7).

## Don't Worry, Be Happy

Some people are genetically set to be happier than others, however, that doesn't mean all hope for happiness is lost. Most people need to put forth effort to achieve happiness. Here are seven strategies to help you become a happier person:

### Choose Happiness

Make a conscious commitment to make happiness your main goal. Once you have the intent to be happier, you can begin to choose strategies for achieving happiness. For example, choose to surround yourself with positive people and environments that can help you grow.

### Be Grateful

Make a list of what you are grateful for. This helps shift your mind away from negative thoughts and keep your focus on happiness.

### Forgive

Instead of holding grudges, try the REACH method: Recall the hurt. Empathize and try to see from the perpetrator's point of view. Be altruistic and recollect a time when you were forgiven. Commit to your forgiveness by telling the person you're forgiving or writing it in a journal. Hold on to the forgiveness and don't dwell on your anger, sadness, or desire for revenge.

### Counteract Negative Thoughts

When you notice yourself thinking negative thoughts, try doing something to change your mindset. Relaxation techniques such as meditation and yoga are great for suppressing anxiety and promoting serenity.

### Money Can't Buy Happiness

You may have heard this one before, but it's tried and true. Lasting happiness doesn't come from material things, it comes from within.

### Foster Friendships

Social ties are one of the best unhappiness antidotes. There's comfort in knowing you have someone to share your accomplishments with and help you when things get tough. Make sure your friends know how much they mean to you.

### Engage in Meaningful Activities

To get more out of life, you have to put more into it. Discover activities that fulfill your mind and body. It may be something you haven't tried yet, but once you invest yourself in something you love, you tend to be happier.

Source: WebMD.com

# Lyme Disease: What You Need To Know For Spring

Spring is finally here and for many it is the time of year for putting away the winter hats, mittens and coats and getting outside to enjoy warmer weather. Unfortunately, we also become the targets of awakening deer ticks. One in 12 of these unwelcome insects can carry the deadly Lyme disease.

## What is Lyme Disease?

Lyme disease is caused by a bacterium and is transmitted to humans by the bite of infected blacklegged ticks.

## Symptoms

The first sign of infection is usually a circular rash called erythema migrans or EM. This rash occurs in approximately 70-80% of infected persons and begins at the site of a tick bite after a delay of 3-30 days. A distinctive feature of the rash is that it gradually expands over a period of several days, reaching up to 12 inches across. The center of the rash may clear as it enlarges, resulting in a bull's-eye appearance. It may be warm, but is not usually painful. Some patients develop additional EM lesions in other areas of the body after several days. Patients also experience symptoms of fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes. In some cases, these may be the only symptoms of infection.

Untreated, the infection may spread to other parts of the body within a few days to weeks, producing an array of discrete symptoms. These include loss of muscle tone on one or both sides of the face (called facial or "Bell's" palsy), severe headaches, and neck stiffness due to meningitis, shooting pains that may interfere with sleep, heart palpitations and dizziness due to changes in heartbeat, and pain that moves from joint to joint. Many of these symptoms will resolve, even without treatment.

After several months, approximately 60% of patients with untreated infection will begin to have intermittent bouts of arthritis, with severe joint pain and swelling. Large joints are most often affected, particularly the knees. In addition, up to 5% of untreated patients may develop chronic neurological complaints months to years after infection. These include shooting pains, numbness, or tingling in the hands or feet, and problems with concentration and short term memory.

## Diagnosis

Lyme disease is diagnosed based on symptoms, physical findings (e.g. rash), and the possibility of exposure to infected ticks; laboratory testing is helpful in the later stages of disease.

## Treatments

Most cases of Lyme disease can be cured with antibiotics, especially if the treatment is begun early in the course of illness. However, a small percentage of patients with Lyme disease have symptoms that last months to years after treatment with antibiotics.

## Prevention

Reducing exposure to ticks is the best defense against Lyme disease and other tick-borne infections. There are several approaches you and your family can use to prevent and control Lyme disease.

- Use repellent, tick checks, and other simple measures to prevent tick bites
- Control ticks around your home and in your community
- Ask your doctor if taking antibiotics after a tick bite is right for you
- Learn the early signs of tick-borne illness

