



Living With Post-Treatment Lyme Disease Syndrome



Overview

If you've been dealing with lasting effects of Lyme disease, you know how painful and frustrating it can be. It can take a long time to identify your problem, and many people don't understand what you are going through. But with the right approach, you can manage this syndrome. Here are some things you should think about.

Take an active role in your care

First, take an active role in your care. Schedule regular checkups. Develop a good relationship with your doctor. Ask questions when you don't understand something.

Follow your care plan

Second, make sure to follow your doctor's advice. Lyme disease affects people in many different ways. So give your doctor valuable information about how it's affecting you. If your doctor prescribes medications for you, take them as directed. Tell your doctor if you have trouble managing your symptoms. Your doctor can recommend ways to get them under control.

Stay positive

Finally, stay positive. Your symptoms can drain you emotionally, but it's important that you don't lose hope. So reach out to others. Maintain connections with your loved ones and friends. These relationships help provide a support system for you. A support group may be helpful, too. If you're depressed, tell someone. Talk to your doctor so you can get the treatment you need.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your symptoms and take back your life.