



Complex Chronic Diseases Program Resources

Chronic Lyme-Like Syndrome

REVIEW OF CHRONIC LYME DISEASE (CDL):

1. CDL: www.bcwomens.ca/Professional-Resources-site/Documents/CLD%20article.pdf
2. CDL: misconceptions and challenges for patient management: www.bcwomens.ca/Professional-Resources-site/Documents/CLD%20misconceptions%20and%20challenges%20for%20patient%20management.pdf
3. Laboratory Diagnosis of Lyme Disease: Advances and Challenges: www.bcwomens.ca/Professional-Resources-site/Documents/Lab%20Dx%20of%20Lyme%20Disease.pdf
4. Post-Treatment Lyme Syndrome and Central Sensitization: www.bcwomens.ca/Professional-Resources-site/Documents/Post-Treatment%20Lyme%20Syndrome%20and%20CSS.pdf
5. Lyme Disease Diagnosed by Alternative Methods: A Phenotype Similar to That of Chronic Fatigue Syndrome: Research paper by the CCDP: www.bcwomens.ca/Professional-Resources-site/Documents/Lyme%20Disease%20Diagnosed%20by%20Alternative%20Methods.pdf

PACING & SELF-MANAGEMENT

1. Pacing topics: www.cfidsselfhelp.org/library/topic/Energy+Envelope+and+Pacing
2. Managing Chronic Fatigue Syndrome and Fibromyalgia: Online book: www.cfidsselfhelp.org/library/managing-chronic-fatigue-syndrome-and-fibromyalgia
3. Pain Self-Management Program: U Vic free 6 week online workshop and in-person peer support to help manage chronic pain: bc.selfmanage.org/onlinebc/hl/hlMain
4. Pain Toolkit: www.pipain.com/pain-toolkits.html

WEB SITES

1. US Centre for Disease Control (CDC): www.cdc.gov/lyme/
2. BC Centre for Disease Control (BCCDC): www.bccdc.ca/health-info/diseases-conditions/lyme-disease-borrelia-burgdorferi-infection

MORE

1. Lyme Disease – Controversies and Misconceptions: Dr. Arseneau's St. Paul's Hospital Grand Rounds presentation April 2016 www.providencehealthcare.org/Dept_of_Medicine/SPHMedicineMedicalGrandRounds-14Apr2016.mp4
2. Central Sensitivity Syndromes: Dr. Arseneau's St. Paul's Hospital Grand Rounds presentation Sep 2015: www.providencehealthcare.org/Dept_of_Medicine/SPHMedicineMedicalGrandRounds-17Sep2015.mp4
3. Family & Friends Presentation Slides: <http://bit.ly/Sep15CSS>