

TOWN OF ISLESBORO
ISLESBORO HEALTH CENTER
TICK-BORNE DISEASE PREVENTION COMMITTEE (T-BDPC)
MEETING OF TUESDAY, JUNE 9, 2015 - TOWN OFFICE, 4:00 PM

Present: Linda Gillies, Derreth Roberts (chair), Douglas Welldon, Alison Wood, PA-C

The meeting was called to order at 4:05 pm.

Approval of draft minutes for the meeting of April 23, 2105. Upon MOTION made and seconded, the minutes were approved as amended.

Islesboro's participation in the Lyme & Tickborne Diseases Research Center's Tick-borne Disease Diagnosis study. Allie Wood said that IHC staff was preparing to participate in the study and would begin when all is ready. She has taken the online training. Andy Borghese, the PA who has come to work at the IHC for the summer, will also take it and will be in charge of the project on a day-to-day basis. The Center has sent a new freezer for storage of blood samples.

Linda asked about the liability concerns brought up by Derreth at the April 23rd meeting. Allie said that this had been resolved by Dr. Fallon who confirmed that the only potential risk for patients participating in the study was infection, and that this was minimal. In any case, patients are covered by the liability policies of the IHC and the Center.

Tick-borne disease cases to date. Allie reported that since April 18, thirty-seven patients had come in with tick bites. Nine had ticks removed but no symptoms/no treatment. Twenty-five patients had "suspicious symptoms" but no rash and received one dose of antibiotic; 3 with the definitive Lyme disease rash received two weeks of antibiotics (28 total received treatment).

More extensive testing by the IHC for tick-borne diseases. Allie confirmed the current IHC diagnostic procedure for patients with confirmed or suspected cases of tick-borne disease: they will be treated with antibiotics and will be observed. If they continue to feel ill, they will be tested for diseases in addition to Lyme - anaplasmosis, babesiosis, and bartonella. This is done through PenBay, which sends blood samples to a lab in Scarborough. The cost is up to \$500, which is paid by the patient, through insurance or private pay. Currently, there is no data to suggest that more extensive testing for tick-borne diseases would be beneficial.

Possibility of meeting with a naturopath. Allie said that since the last meeting she had been in touch with Dr. Deb Moskowitz, ND (Naturopathic Doctor). She and her colleague, Dr. Barb MacDonald, ND, from Camden Whole Health would be glad to meet with the IHC/T-BDPC about their approach to the treatment, including tick-borne disease. The focus of Camden Whole Health includes the use of traditional Western medical approaches along with such complementary modalities as vitamins, nutrition, and acupuncture. Allie said that such a meeting could help IHC to look down a new road. Linda questioned if such a presentation might benefit IHC staff and patients? Group consensus was that given the IHC's renewed commitment to the approach it has been taking, to its participation in Dr Fallon's tick-borne disease diagnostic study, and to a very busy season ahead that that for now, the IHC/T-BDPC would not meet the Camden Whole Health.

Dissemination of information. There was discussion of the content of the T-bDPC monthly bulletin, sent out with the Town Calendar mailing. Doug Welldon suggested that it include a "tip of the month." Linda said that Mary Fairfield had called her about a University of Rhode Island website, *tickencounter.org*. Mary learned about it

from Tory at the Boardman Cottage, who had made a brochure based on the website. Doug suggested that while the IHC would not want to put together a brochure, referral to the website would be a good "tip" for the July bulletin. Derreth said that the bulletin could also include a checklist of tick-borne disease prevention basics for summer readers, also incorporating information from the flyer "It's Lyme Time" that the Town Office found on a California website and included with the May Town mailing. Derreth said that she would do a draft of the checklist and circulate it to the committee. Linda said that she would send Derreth a copy of the "It's Lyme Time" flyer.

Next meeting. There was agreement that the T-bDPC should meet monthly to discuss the content of the following month's bulletin. **The next meeting was scheduled for Tuesday, July 14 at 4:00 pm in the Town Office meeting room.**

After motion made, seconded, and approved, the meeting adjourned at 5:00 pm.

Respectfully submitted,
Linda Gillies, Secretary

Follow up:

- Derreth to draft and circulate to the committee a draft checklist of basic tick-borne disease prevention measures for the July bulletin.
- Linda to send Derreth a copy of "It's Lyme Time."

C: Janet Anderson, Sandy Oliver, Cindy Gorham, Tina Pendleton, Owen Howell, Andy Borghese, Rhonda Shand, Peggy Pike, Maggy Willcox

Approved 7/14/15