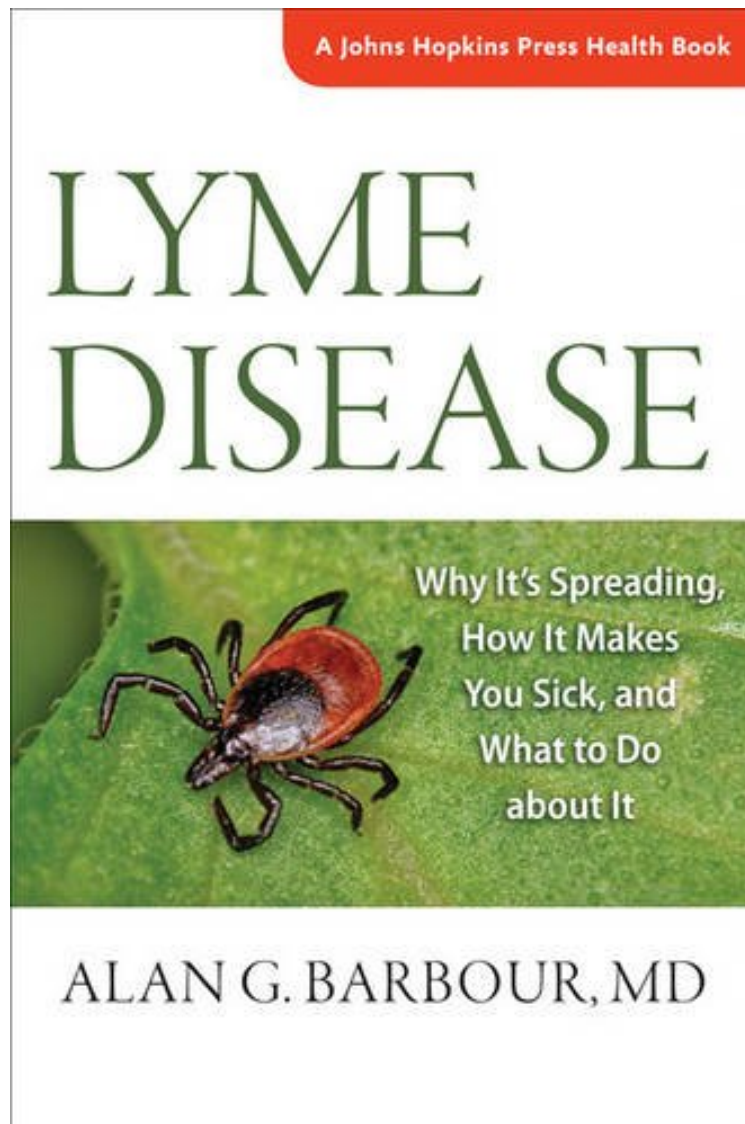


(Read and download) Lyme Disease: Why Its Spreading, How It Makes You Sick, and What to Do about It (A Johns Hopkins Press Health Book)

Lyme Disease: Why Its Spreading, How It Makes You Sick, and What to Do about It (A Johns Hopkins Press Health Book)

Alan G. Barbour

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Alan G. Barbour : Lyme Disease: Why Its Spreading, How It Makes You Sick, and What to Do about It (A Johns Hopkins Press Health Book) before purchasing it in order to gage whether or not it would be worth my time, and all praised Lyme Disease: Why Its Spreading, How It Makes You Sick, and What to Do about It (A Johns Hopkins Press Health Book):

1 of 2 people found the following review helpful. Extremely well-written

By C. Sahu I'm reading this book to comply with my RN continuing education requirements. It's extremely well-written. Normally, when reading through continuing ed materials, I just pick out the answers to the test I have to take to prove I've done the reading, because the books are usually so badly written, with a lot of disparate facts thrown together out of order. Barbour's "Lyme Disease" is totally different. I even read the Preface and Introduction! Barbour explains everything so well - what a spirochete (the bacteria that causes Lyme disease) is, how its shape helps it get into places other bacteria can't go, why it can hide in certain places in the nervous system where the body has trouble finding it (thus causing all those weird and scary symptoms); all about the tick that usually carries the spirochete, how it's likely to get on you, how long it needs to be latched onto you before the spirochete passes from it to you,... all you need to really understand and REMEMBER what Lyme disease is, how it works, how to diagnose it, and how to avoid getting it. In fact, through this book, I'm understanding the functioning of the entire human immune system much better than I ever did before. Barbour explains, step by step, how the human body responds once the spirochete has passed through the tick into the bloodstream, always giving you reasons for everything that happens. He tells the reader all about the various reactions the body has to the invading spirochetes: how, for example, the body doesn't "notice" the tick for days because the tick's saliva has chemicals to reduce inflammation; how there is then a "First Response": "The earliest immune responses... tend to be general - that is, their mechanisms protect people against a variety of microscopic threats. Humans and other vertebrates have this first line of defense - called innate immunity - in common with simpler organisms, like flies and earthworms.... [For example,] certain types of white cells in the blood and the tissues can... respond quickly to a microbe's presence. These white cells are called 'phagocytes,' a name derived from the Greek word... for 'eat.'...they literally eat the bacteria they encounter...." Barbour goes on to explain other First Response, innate immunity mechanisms like cytokines, all very clearly, so you can see them all coming into play. Meanwhile, he tells you what the spirochetes are doing to avoid these mechanisms. It's like watching a war movie. He explains why the typical Lyme disease rash advances outward and becomes less red in the center, often forming a ring-like pattern: "During the Lyme disease infection, the spirochetes seldom if ever become very abundant in the skin or elsewhere in the body (as we will see, this is one reason that Lyme disease is difficult to diagnose).... proteins on the surface of the spirochete cause human and animal cells to release cytokines in particularly large amounts.... The local result is a red rash.... The blood vessels dilate, and white blood cells move from the blood to the tissues in the area. The spirochetes, being mobile, may respond to all this activity by moving to tissue that is not yet inflamed. Thus, there are two good reasons for a spirochete's migration: one, to seek out food, and two, to escape the wave of inflammation that it has provoked." It's hard in a short review to show how clear and logical the writing is. But the difference between writing such as Barbour's and the usual form of textbook writing is like the difference between woven cloth and a tangle of thread. He knits everything together for you so you can understand and remember it. The book is thorough, also, in explaining how Lyme disease has spread throughout the US (and its incidence and forms in other parts of the world); when and how you're likely to catch it; why it took a while for doctors to learn how to treat it (it was originally believed to be caused by a virus and so antibiotics were not given); and other details a lay person wants to know. There's a US map showing cases per 100,000 population and a color plate with several photos of the rash and of the tick in its various lifestages. He also addresses controversies about chronic Lyme disease - which is why the book has so many one-star reviews - a lot of patient advocate people don't want anyone disagreeing with their agenda. Some people may disapprove of the author's opinions on the best treatment for Lyme disease. But if you want a really great and thorough overview to begin with, this is the book for you. Barbour is co-discoverer of the cause of Lyme disease, by the way. I have to add, I really love how Barbour set the story of Lyme disease in humans into the greater picture of biological life in general. He tells about how dogs catch Lyme disease, for instance, and that "one reason to envy a lizard" is that they're immune to catching Lyme disease because "some substances in lizard blood kill the spirochete on contact." He fits us humans into the taxonomic chart with a little touch of whimsy, helping us understand how our bodies work by contrasting them with other species (and kingdoms). In fact, if Barbour were to dramatise the patient case histories a little bit - "The young man hadn't thought of hiking that day. But, when he looked out and saw the sun's rays illuminating the mountain tops.... Little did he know..." etc., etc., he could have one of those classy non-fiction bestsellers on his hands.

27 of 37 people found the following review helpful. A flawed, uninformed author. Poorly researched.

By JamesNYCI just head the author on NPR. I cannot believe how much he has gotten scientifically wrong! He says that 70% of people bit have the rash. It's 70% don't. He says only the places with deer will have Lyme. Wrong! There have been many studies that show that the biggest vector for Lyme is the white-footed deer mouse. And places that got rid of all the deer still had ticks and Lyme. But then contradicted himself by saying that birds carry Lyme. He says only deer ticks carry Lyme. Wrong! Lone star ticks carry it. He says that tetracycline is the usual antibiotic to fight Lyme. NO ONE prescribes that. It's DOXYcycline. He says the old Lyme vaccine was not properly marketed and failed. Not because of horrible side effects. Yet it was the horrible side effects that actually stopped the vaccine AND it didn't work! This author is so uninformed and wrong about almost everything. Where is he qualified to publish a book on Lyme????

Read Cure Unknown: Inside the Lyme Epidemic by Pam Weintraub to get well researched and helpful information.

0 of 1 people found the following review helpful. Great resource on all areas of

Lymes Disease By Pam Z. Excellent resource for all. Barbour explains in an easily understandable manner. I wish I would have read this book first. He helps discern truth and studied/tested ideas about lymes from hypothetical/guessing.

Once restricted to small forested areas in the northeast and north-central United States, Lyme disease is now a common infection in North America and Europe. The Centers for Disease Control and Prevention estimate that more than 300,000 new cases occur each year in the United States. Misunderstandings over symptoms and treatment increase the public's concerns about the disease which, if not properly treated, can become chronic and debilitating. An expert on tick-borne diseases, Alan G. Barbour explains the course of illness that results from infection, diagnosis and treatment options, and steps that can be taken to avoid a tick bite in the first place. The ticks that transmit Lyme disease may also transmit other disease-causing pathogens, and these other infections are considered as well. Drawing on real case histories of individuals with Lyme disease or illnesses that may be mistaken for Lyme disease Barbour explains: The biology of the spirochete, *Borrelia burgdorferi*, that causes Lyme disease The role of animals such as mice that carry the infection The life cycle of the ticks that transmit the infection The importance of deer in perpetuating the cycle The basics of diagnostic laboratory tests and how test results are interpreted How antibiotics are used in treating Lyme disease Infected ticks are abundant in the woods, in walking trails, and in the shrubs and tall grass where suburban lawns meet wooded areas. Barbour stresses preventing disease through community-wide ecology projects and individual and household protection. While it may be difficult to escape infection, understanding the danger, the symptoms, and the treatment goes a long way toward preventing long-term health consequences. Featuring a list of reliable web sites and a glossary of terms, Lyme Disease is an invaluable resource for everyone who is at risk of the disease or is involved in preventing and treating it.

"This book will help you learn about Lyme disease, including its treatment and prevention." (Larry Goodyer Pharmaceutical Journal) "If you are seeking reliable and accurate evidence-based information on Lyme disease, this is the first book to read. Dr. Barbour treats key issues related to Lyme disease with clarity for the nonspecialist. It is a welcome relief from the cacophony of false and misleading information being disseminated in the media, and thereby makes a significant contribution to the public health. It will be a valuable reference resource on Lyme disease for many years to come." (Phillip J. Baker, Executive Director, American Lyme Disease Foundation) "Want to really understand Lyme disease? Here is an engaging, conversational review that is presented with empathy. It is clear, thorough, nuanced and evidence-based. Grounded in the principles of good medicine, this book will be a valuable resource for health care providers and patients alike." (Barbara J. B. Johnson, Retired from the Centers for Disease Control and Prevention (CDC)) "An outstanding book on the history, diagnosis, treatment, preventive measures, and natural course of Lyme disease. Alan Barbour's Lyme Disease is comprehensive and understandable, an informative and much needed book both for medical and scientific professionals and for the thousands of people annually exposed to tick bites." (John F. Anderson, Distinguished Scientist, Emeritus, Connecticut Agricultural Experiment Station) "Science is complex, infections and the immune response to them particularly so, and complexity sows confusion. Misinterpretations of the biology of Lyme disease have created an air of mystery, making it possible for fanciful notions to grow up around this 'great imitator.' In this charming volume, Dr. Barbour, a pioneer of this field, provides a remarkably clear yet subtle description of these complexities, readable by any non-scientist who truly wants to understand this fascinating infection. A must read!" (John Halperin, MD, FAAN, FACP, Atlantic Neuroscience Institute, Overlook Medical Center Icahn School of Medicine at Mount Sinai) "Alan Barbour has been at the forefront of Lyme disease research for over 40 years. His book is very enjoyable to read and addresses the significant uncertainties and misunderstandings contributing to Lyme-related controversies. It is an invaluable resource for everyone concerned about the disease." (Susan O'Connell, former Head, Lyme Borreliosis Unit, Health Protection Agency Microbiology Laboratory, Southampton, UK) "With his extensive research and multiple publications, Dr. Barbour is a credible authority who is able to clearly address controversies surrounding Lyme disease diagnosis and treatment... This is an easy to read, easy to understand overview of Lyme disease from pathogen to treatment." (Doody's Service) "This book is a brilliant insight to Lyme disease, mapping its geographic and histological development and spread. The author provides a good evidence base when providing this information. The structure of this book provides a journey, which supports maximum learning." (Nursing Times) About the Author Alan G. Barbour, MD, is a professor of medicine and microbiology at the University of California, Irvine School of Medicine, a co-discoverer of the cause of Lyme disease, and a leading Lyme disease researcher.