

From: donna.lugar
Sent: March-28-22 2:27 PM
To: Chris Frotten <cfrotten@barringtonmunicipality.com>
Subject: Lyme Disease Awareness Month - May 2022

Good afternoon,

I am reaching out to inquire as to whether The Municipality of Barrington could proclaim May as Lyme Disease Awareness Month. With COVID-19 still getting all the awareness these days, it is very important to continue keeping this issue at the forefront of residents minds so that proper precautions are undertaken and a quick diagnosis and treatment can be obtained. As an FYI, the Province of Nova Scotia has already proclaimed May as Lyme Disease Awareness Month; however, we hope that all municipal units throughout Nova Scotia, that undertake proclamations, will do so as well.

If you do not undertake proclamations, I have a considerable amount of information that we request you help distribute to your residents.
Please let me know if you would like to receive that information.

I am also suggesting this year that as many buildings/facilities be lit green during the month of May for as many days as possible. The Pantone colour is Green: PMS 368c. Is this something that you might be able to assist with as well?

Although May is generally known as Lyme Disease Awareness Month around the world, ticks can be active anytime temperatures are above freezing.
In Nova Scotia, this means that ticks can be active 12 months of the year as we usually have at least a couple of nice days each month. The following is an interesting recent article about ticks in winter and references research at Dalhousie University - <https://www.smithsonianmag.com/smart-news/warmer-winters-could-aid-infected-ticks-reach-across-north-america-180979403/>.

For your information, the number of Confirmed/Probable cases of Lyme disease in Nova Scotia has not been reported since 2019. However, I believe it is safe to say that cases continue to rise. As I believe was previously mentioned the annual reported case numbers are lower than the "true" numbers of yearly cases as many go undetected and unreported.

Unfortunately, we do not presently know as two different research documents published in Canada in 2018 and 2019 suggest quite different amounts. They did agree that actual annual case numbers are higher. In case you are interested in reading the documents:

- "Under-Detection of Lyme Disease in Canada" -
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315539/>

- "What is the real number of Lyme disease cases in Canada?" -
<https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7219-x>

You may also be interested in the following article regarding research undertaken at Johns Hopkins University regarding the incidence rate of Lyme disease in Nova Scotia -
<https://www.saltwire.com/atlantic-canada/news/western-nova-scotias-rate-of-lyme-disease-among-highest-in-north-america-100665847/>.

Other areas of the province also have a high incidence rate.

Unfortunately, I am still being frequently contacted by people from all over Nova Scotia with new cases of Lyme and tick-borne diseases and, for the most part, they are still having considerable issues due to Doctors that are not overly knowledgeable. I have a "Lyme Disease in Nova Scotia & the Atlantic Provinces" Facebook page where I frequently post stories of the struggles to get a proper diagnosis and treatment. We need to raise the awareness level to help reduce case numbers and ensure that health care providers are knowledgeable about the three stages of Lyme, as well as the different clinical presentations. Additional information as to other potential tick-borne diseases is also very important to provide to residents. Some additional information in this regard can be found here - <https://novascotia.ca/dhw/cdpc/documents/Tick-Borne-Disease-Response-Plan.pdf>.

On the chance that The Municipality of Barrington agrees to consider my request, I have attached a Resolution for your consideration.

Please let me know if you would like for me to provide any additional information/clarification.

Thank you.

Donna Lugar
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PROCLAMATION

LYME DISEASE AWARENESS MONTH May 2022

WHEREAS Lyme disease is a serious illness caused by the bite of a blacklegged tick infected with the bacterium *Borrelia burgdorferi*; and

WHEREAS blacklegged ticks carrying a variety of diseases or illnesses can now be found in all parts of Nova Scotia; and

WHEREAS awareness, education and practicing preventative measures, such as daily tick checks and proper tick removal, can help reduce your chances of contracting tick-borne diseases;

THEREFORE, be it resolved that I, Warden Eddie Nickerson, on behalf of the Municipality of the District of Barrington, do hereby proclaim May 2022 as "Lyme Disease Awareness Month".

Dated at Nova Scotia
this day of May, 2022

Warden Eddie Nickerson