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I am the mother of 4 kiddos 7-13 years old and a small business owner of Yoga Synergy Spa. I was diagnosed 4 years ago with chronic Lyme Disease from a tick bite in IL from some 35 years ago. I have always struggled with sinus infections since I was little. My Mom would pull off sometimes several ticks after each visit to the woods behind my house in IL growing up but didn't know to treat me. I can remember as young as 9 years old having body aches, mostly in my legs which my pediatrician said were growing pains. I had high fevers at 12 and again at 15 that hospitalized me with 105.3 degree fever. They kept me for a few days, gave me high doses of antibiotics and sent me home without any known diagnosis. I could have been spared years of unnecessary suffering if treated within the first few months of the onset of symptoms.

I suffered from a range of stomach issues since about 9 years old until when I was 19 I had similar flu like symptoms that came and went for many years until I couldn't eat anymore. After I got fever and starting throwing up profusely, I went to the local Dr. He said I had a bad infection after testing my blood and sent me to the hospital for what he thought was an appendicitis attack. I was rushed into surgery and woke up 4 hours later with the news that they also took 6 inches of my intestines from a bowel obstruction I believe now was GI Lyme. I was then diagnosed as having Crohn's disease without searching for any other possibilities. I suffered from recurring strep, sinus infections and mono through high school and some of college with brain fog and memory problems. I slept as much as I could, ate well and kept up my gentle yoga practice. Sometimes I'd need to go on liquid diets my GI would get so painful and out of whack.

Every time I went to a myriad of Doctors over the next 24 years they blamed all my headaches, fatigue, fibromyalgia, nausea, joint pain, neck and back pain and swollen hands on Crohn's and kept upping the dose of Crohn's medication and suggesting Humera as my only hope of remission on multiple occasions. I knew that wasn't for me as by now I learned to listen to my body by means of meditation, connection to God and my devout Yoga practice. After being diagnosed with Lyme in August of 2012, I now know that an immune modulating medication is contraindicated for TB but for Lyme, it's never mentioned but severely cripples your immune system. After running tons of tests I now understand Lyme has become a secondary infection to all the other illnesses its allowed to affect my health. I have been diagnosed with both genetic snips that don't allow me to detox well on top of mycotoxins, histoplasmosis, candida, babesia, borrelia, bartonella, Epstein barr virus and strep A and B and parasites. I have been treated by all the Lyme Dr's in DFW I am aware of. I've had a port for high dose abx while taking 32 high dose prescriptions a day for anxiety, Crohn's, candida, Lyme and co-infections and more. Just two years later got a pickline in my arm for the same reason but started relying heavier on IV vitamins, abx, homeopathics and a myriad of colonics, lymph

technicians and much more. My husband has had to carry me multiple times back to bed from my extreme fatigue and dizziness. The kind your legs feel like they're attached to lead.

The reason I'm here today isn't because I have essentially had the zombie flu for 35 years on and off, but our children have caught it from me during pregnancy. They have never been bitten by a tick and test positive for Lyme and co infections. Now I'm no longer advocating here today for my own pain and decades of suffering but for the potential for them to never suffer the way I have. We stopped going to the pediatrician because every time our diagnosis was almost always virus, similar to what I grew up like. One of our sons has been challenged academically so that by second grade he had been in four different schools because of the inability to learn due to Lyme, co infections and strep. I am grateful for my husband, my mother, friends and the warrior doctors who have helped make it so. Mostly alternative treatments are what have helped us improve the most but I cannot deny that I feel best when on abx to keep infection down so I'm not literally melting into the carpet with fatigue and pain. If I told you all my weaknesses we'd be here longer and I know you will hear similar stories, so I will focus on my strengths.

My story is one of hope after all the unnecessary drugs and tests I've endured spanning three decades. Hope that my quest for support in the right direction will fall on the right ears of empathy and action. I had no idea innocently playing in the woods behind our home in Fairview Heights, IL could be so devastatingly dangerous. I have heard the stories of families losing everything in an effort to simply get well. I refuse to be that family. Today is our day representing hundreds of thousands without the ability to get out of bed and call our medical leaders to change current diagnosis tests, treatment guidelines and methods.

I have seen many TX doctors and spent tons of money on CAM for my family trying to get well. When infection got too much and I sought help at the local hospital, I was snarled at because of the word Lyme by the greeting physician before she even met me using no eye contact to greet me. I have filed two open cases for discrimination. The TMB is supposed to educate and protect. They are clearly not meeting these objectives, including supporting the Senate bill 1360 from 2011. ALL Dr's need to make mandatory continuing education hours on Lyme happen NOW. If Dr's proceed to not follow their oath to teach and do no harm, and continue to hide the presence of Lyme and treat it appropriately in TX, they need to pay a hefty fine. We need to keep educating people about the dangers of ignoring Lyme and the devastating affects this ignorance has on the life of the patient long forgotten about. The TMB and TMA needs to actively educate Dr's in TX that there is Lyme here and provide better guidelines to treat it. Making one post in a newsletter about CME's for Lyme is an outrageous innatempt to educate Dr's on this serious life and death disease. Why can HIV

patients have babies without HIV but I had four with Lyme. This board owes a tremendous amount of people better education, protection for our Dr's and health, and updated treatment methods.

My short term solution with long lasting affect: Drs pay membership for CE hours accredited in Lyme. The funds pay for better testing and treatment methods of Lyme patients. Turn cancer centers into health centers that are also equipped to treat Lyme. Start up is quick, effective at treating chronically ill already and clinics are widespread across America to reach those in need faster. We cannot wait any longer! We need your action today to ensure my kids and many others have a healthier tomorrow from a TMB they can trust is looking out for their better good.

I'd like to stress that our goals will be carried out if we adopt ILADS guidelines as our treatment guidelines. Thank you for your time and I hope we can get alternative Dr's on the TMB to bring validity to the treatment methods that actually work for those of us hard to treat Lyme patients.

For more information, please refer to the notes I've provided here. Questions call

Thank you!
Kristina Petterson Bauer