

**From:** [Sunset Advisory Commission](#)  
**To:** [Janet Wood](#)  
**Subject:** FW: Sunset Commission Review of the Texas Medical Board  
**Date:** Friday, December 02, 2016 8:00:16 AM

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**From:** Pamela Littlejohn  
**Sent:** Friday, December 02, 2016 1:12 AM  
**To:** Sunset Advisory Commission  
**Subject:** Re: Sunset Commission Review of the Texas Medical Board

In 2001, I was 46 years old when I found an embedded tick and later had bulls-eye rash. This was the beginning of neck pain and fibromyalgia-chronic fatigue symptoms. It took 14 years to find a doctor who could adequately test and diagnose me with Lyme disease and Rocky Mountain Spotted Fever.

During years of misdiagnosis, I saw many doctors who became tired of not being able to fix me. Some were PCP, surgeons, ENT, psychiatrist, rheumatologists, orthopedic, podiatrist, dermatologist, physical therapists, chiropractors, pain management, the list goes on. One doctor, a gynecologist on the Board at Scott and White, told me that if I kept looking for an answer to my health problems, it could endanger me because there is always a risk in test procedures. He also said that if there was something seriously wrong with me, that I'd be dead by now.

In 2003, I couldn't raise my arms above head; my spine would lockup/go into spasm if I reached. A note I found from 2007 reads: "Every day, it feels like a combination of the flu and a hangover from staying up very late. I wake up hurting which subsides very little during the day, then I'm exhausted from the pain. So I go to bed hoping the sleep will calm my body, and praying for a better tomorrow, but again, I wake up in pain to repeat the same day, with no energy to shop, cook and clean." I purchased a \$700 AlphaStim microcurrent device to help with the pain, but health insurance did not reimburse me, yet it was still cheaper than suicide.

By 2009, I had disabling back/spine problems. Then in 2011, I decided on early retirement. I tried to work part-time until 2014, but suffered so much from rehab pain that I couldn't continue. Now I had time to manage my own health and locate a doctor that could help me while I still had some strength to drive or fly to an appointment. Since I was labeled with "fibromyalgia" for which there is no test, I thought my PCP had ruled out other illnesses like Lyme disease that can be tested. Upon asking her, she laughed and told me that I don't look like I have Lyme disease. Other doctors said Lyme disease is not in Texas. I was told that the ELISA test adequately determines if I have Lyme disease and no further testing was needed. Doctors never asked about a basic Lyme symptom like the bulls-eye rash. I quit all those doctors, became my own advocate and researched Lyme disease. With God's help, it took 1 year to get answers to this 14-year misery. But then I found that there are very few doctors who treat Lyme disease in Texas, and unfortunately, some people are too sick or cannot afford to travel. The ones who really suffer are the children who have even fewer choices in finding a doctor.

If the Texas Medical Board is here to help citizens have an opportunity for good health so our state can continue to prosper, then we need doctors that are trained to treat diseases that exist in Texas such as Lyme disease.

On Tue, Nov 29, 2016 at 4:21 PM, Sunset Commission <[Sunset@sunset.texas.gov](mailto:Sunset@sunset.texas.gov)> wrote:  
An agenda for the December 8 and 9 meeting of the Sunset Advisory Commission is now available on our website, [www.sunset.texas.gov](http://www.sunset.texas.gov).

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